

Being in the Moment

By Rusty Pica & Barbara Mitchell

Jack Benny and Gracie Allen make me laugh,
George Burns is a thrill,
To smile and feel the joy in my heart
I like to walk and meet people and
Share a sweet cup of Java with them.
To come up with a beautiful craft and share it with someone,
To spend quiet time and be mindful
And be in the moment.

Breaking the Cycle
By Sean Sogorka

If you are depressed you can focus on things you have instead of things you don't have.
Depression is really tough, but you have tools that can help you combat it.

I've been depressed and I know what it feels like.
There is a way out of the darkness;
Depression is a really tough thing to deal with but there are things you can do to help
make it better.

I was in a clinical depression, but with medication management and therapy,
I was able to push through and feel better.

I had thoughts of committing suicide at one point, but with professional help, I was able
to get through some really tough times.

Depression hopefully doesn't last forever, but for some people I think it does though.

Maybe you can attend groups like this that address the issues such as depression, low
self-esteem or other disorders.

Today is a new day.
You can be better and feel better.

Joy
By Fred Chambers

Joy is watching beans sprout just
as a sprout bent above the ground.

Joy is eating cherry tomatoes
straight from the vine.

Joy is a long distance phone call
To a favorite Aunt.

Joy is sending a mimeographed
duplicate
of my college acceptance letter
to my draft board
just in case "they lose it."

Someday
By Lopamudra Bhattacharyya

Every sunrise is a beginning,
If I will be smiling or paining.

If my head will be throbbing,
Or my heart will be pounding.

Mom says, my life has a deep meaning,
Someday, it will be there for my reaching!

I love to dance and sing,
And not battle my mood swing.

The unhappy thoughts so strongly cling,
I wish them to be all far fling.

No matter how many bells in my head go ding,
Someday, my life will be a zing!

Love everything and everyone of my family,
From my little brother to my granny.

I know not always to make them happy,
My attempts at times get a little messy.

Dad says, love is both hard and funny,
Someday, I will unravel that for many!

Who are my friends and my foes?
Everyday my confusion grows.

Adults in white coats with kind words,
Their help rises and ebbs.

Some give me tears, some give me smiles,
Someday, they will all be my pals!

Is hope good or bad?
Or is it just a fad?

I wish to end all things that are sad,
As I write to myself daily on my pad.

Hope is what I have always had,
Someday of my dream makes me glad!

This is the Way I made it Through the Tough Times
By Barbara Mitchell

I always remember to love myself and everyone else,
To accept myself and everyone else for who they are, for their achievements,
weaknesses and strengths and talents
I remember not to be judgmental of anyone or of myself,
I also remember that I am human and that I make mistakes,
But I never make the same mistakes again.

I never give up and always keep trying,
I know recovery is a Journey, not a destination.
I know not to be the hardest critic on myself or to anyone.
I remember everyone is equal and that we are all in the same boat.
I learned to be a good listener and not interrupt anyone.
I know my limitations and know when to give someone their space when needed.
I am a comforter and I always have a shoulder to cry on. I know it's okay to cry.
I always treat people with kindness and respect.
I am assertive and never point the finger with blame.
I participate and try to be a leader and never leave anyone out.
If someone asks me to go a mile, I will go two miles.
I enjoy everyone and have the right to have fun.

Music is peaceful and relaxes me and raises my spirits.
I give people compliments and always remind them of how good they are.
I tell myself positive affirmations and I learned to let go of the past.
I love to give hugs.
I am a loyal friend.

I always remember that what I give out is what I'll get back in return.
I know that whenever I am at my weakest, that's when I am at my strongest.
I always journal and write my feelings down, and I never get to count my blessings.
I learned I should never be too picky or choosy of who my friends should be,
or be picky and choosy of who to love.
And I know to forgive myself and to forgive others.
I don't have any regrets on myself or about anyone.
I have let go of my past and I do not live in the past.
But I know Love is the strongest of all. Because Love conquers all and Love never fails.
This is how I get through the toughest of times.