

HOW I COPE
By Annie Glynn

Mental illness will not get the better of me.
Robbed of joy, I refuse to let it be.
I summon the courage to get out of bed,
And do what it takes to overcome the dread.

Playing an upbeat tune, willing my body to move,
After monumental effort, I get into the groove.
A yoga class, a short nature walk,
Or calling upon a close friend to talk.
Focusing on my breath as I meditate,
I eventually reach a relaxed state.

Using my strengths of gratitude and hope,
Recalling what I'm grateful for helps me cope.
It may be the smile from a stranger that day,
Or watching my two cats engaged in play.
These strategies help during times of despair,
Along with self-compassion and prayer.