“Of the depression” - A Poem by Dr Javed Latoo

When aquamarine skies look grey to our eyes
The stars no longer adorn the heavens or shine bright;
When the golden rays of sunlight disappear from the skies
The silver rays of the moonlight look like phantoms of the night.

When we feel imprisoned with no escape from this dark place
And dazzling beauty looks like an old wrinkled face;
When sorrowful eyes stare into a cold empty space
Oblivious of the beauty displayed on our loved one’s face.

In this period we are neglected by the angel of sleep
The taste of our favourite food is appetising no more;
When we are drained of the sap of life and tend to weep
And the brain cannot concentrate anymore.

That state when the mind tricks us to believe we are worthless
The heart is eaten by the bug of guilt over the trivialness;
When we are overwhelmed by hopelessness
All consolations about the future seem only fruitless.

When we no longer enjoy the company of our loved ones
Isolate from the things we would normally enjoy;
Overwhelmed by the feelings of being down in the dumps, once
Minor bumps become boulders difficult to navigate and destroy.

When our minds ruminate about the past and future, furthermore
Reassurances don’t dampen the worrying cognition;
When life does not seem to be worth living anymore
And we start getting fleeting suicidal ideation.

Remember that this dark cloud of despair we feel
Is an ailment called depression and not a curse; and be aware
It is a transitory period rather than an everlasting phase or ordeal
Treatment and recovery are available from the experts who care.

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