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2020

## Discovery

Kathleen Harrison

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## Discovery

by Kathleen Harrison 27 January 2020

Things are a little off

Energy is down

It's cold outside

It will be better tomorrow

Impression

A week of dishes in the sink

Mail unopened on the table

Work is busy

Get caught up next week

Suppression

Where is the relief?

Persistent malaise

Too much time sleeping

Tomorrow won't be any different

Depression

Friends and family comment

To move ahead differently

I don't want drugs

## Discovery

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Nor talking to a therapist

Perturbation

Why did this happen?

What is wrong with me?

Snap out of it

But I can't

Disconsolation

Body chemistry is off

Hopefully not forever

Want to deal with it now

But it won't be easy

Expectation

Medication for many months

Lots of therapy talk

Change some habits

The funk starts to wane

Anticipation

## **Discovery**

**by Kathleen Harrison 27 January 2020**

Meditate

Get support

Healthy lifestyle

Living in the present

Gratification

Melancholy returns

Long or short term

Self care priority again

Higher power beliefs

Reflection