

Facing Challenges



Firstly, my apologies to all who cringe at this,
But hand-on-heart, my worries are a part of being Chris.
Been asked to pen some honest words for Mental Health Week too,
And maybe, stuff affecting me could well apply to you.
Like waiting for a call or text, convinced there's something wrong,
Or when the issues haunt and they become extremely strong.
Next port of call must thank the friends for kind and faultless care,
- Sound advice throughout with reassurance always there.
Whilst in return, I'm here for you whenever you are lost,
May all your issues be short-lived and conquered fingers crossed.
For many years I've struggled yet hung on as I have fought,
Relying on diazepam, but that's my last resort.
An in-depth chat makes much more sense while sharing how you feel,
Reflecting on experience, these moments really heal.
I've come to learn from one friend gone that life's a golden thing,
If he'd just found the courage to pick up the phone and ring.
I would have given full support to help him on his way,
That's why I'm penning this here verse - I miss him every day.
Now when I am alone and lulling over life I know,
I often find that courage is a must when feeling low.
I've curled up far too many times in anguish on my bed,
Engulfed in scary episodes amassing in my head.
I've paced the floor in panic too, awaiting some relief,
Well-aware that complex fears aren't always small and brief.
Recently, was asked about the standard of my living,
"View my file", I thought because my woes are unforgiving.
At times I've sat in session, the objective clearly missed,
And felt like they're alleging that my issues don't exist.
Can't stress this sound advice enough - don't clam-up, choose to speak,
Asking for assistance doesn't mean you're soft or weak.
Don't think for one damned moment you can't overturn the hell,
The anxious vibes can haunt us but our strength can serve us well.
I hope I've reached you with these words, dig in and if odds seem steep,
Have faith in facing challenges, avoiding darkness deep.

Christopher Short, a 'Waddy Poet', May 2023