MENTAL HEALTH

(what Mental Health means to me)

Too many thoughts,
a mad dog whirlwind of debris
and shrapnel in my head
causing hurricanes of headaches
that blind me,
and thunderous growls that
cause me to shake.

I step back from the storm,
pretend its not there,
sometimes drown myself in wine
and the false safety of chocolate.
But this safe place is shallow
and its expiry date pending
like the pendulum on a clock.

Lists and lists, and lists of lists.
Do the right thing.
Make the right choices.
Me versus the world and
it's gruelling demons.

The foundations are boggy
from the constant rain,
and every footstep
is a shit clad welly, each one
heavier than the one before.