

i feel s.a.d

Text: Amanda Fernandes

Illustration: Helen Aquino

A compilation of poems that demonstrate the symptoms of seasonal affective disorder

the caterpillar

just like a caterpillar in his cocoon,
know that you must take time to heal, and transform
the caterpillar knows there is more to become,
he uses his period of darkness and loneliness,
hidden underside from the world,
as an opportunity to learn and grow.
and you might wonder -
does the caterpillar forget to love himself
during his chapter of quiet?

no.

know that just like the caterpillar,
there is a better version of you.
do not be afraid to leave your worries behind.
have the strength and the courage to outgrow
your sheltered cocoon,
and welcome a new light
and a new tomorrow.

The mind wanderer

it starts with a downwards spiral of emotions,
and transforms into a rampant flurry of thoughts

leaving you tossing and turning at night.
it is your mindset at 2:38 am
weighing against a nightmare that is in fact, reality

a drop in
 serotonin,
and an imbalance of
 melatonin
a beautiful thread of chaos you turned out to be,
don't you know,
 overthinking is *self-destructive?*

temptations

is there a recipe to fight the temptation to fear?
a nibble on a savoury chocolate crumble to soothe the nerves,
another pair of levi jeans that cannot hide your curves,
tell me
does the mirror show you
your *anxiety?*
 your hormonal *imbalance?*
 Your *insomnia?*
no.

your body is meant to change just like the seasons.
be unapologetic for your lethargy,
the weighing
 down of your
 limbs,
and the thickness in your thighs and hips in February.

go after what you truly desire,

take pleasure in eating the foods you love,
and do not be ashamed of your cravings.
because *sometimes*
the mirror can deceive you
in more ways than one.

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TEXT **AMANDA FERNANDES**
ILLUSTRATION **HELEN AQUINO**

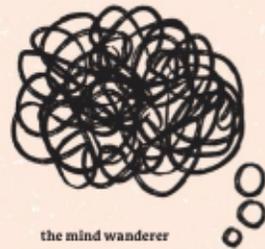
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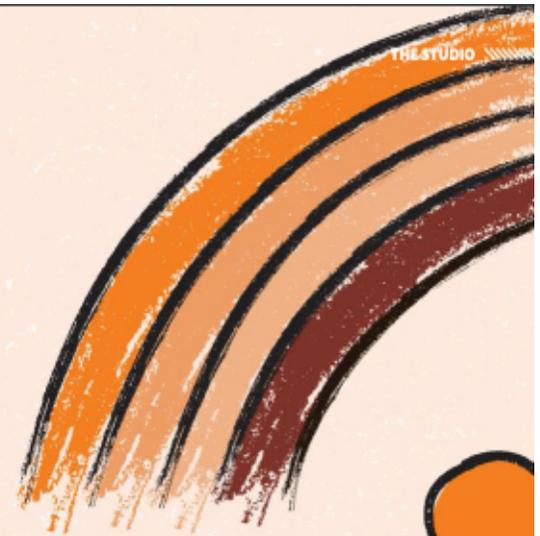


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rainbows

there is always tranquility after a storm
You know what they say -
i know you do,
because after every bad thunderstorm,
there is a rainbow somewhere,
a mosaic of calmness
everything will be better soon.

changes

I hope the change in the colours of leaves
teaches you how to forgive yourself despite it all
gives you the permission to reach a state of mind
where the snowflakes melt on your cheeks instead of tears,
a season that guides you through a new journey of resilience,
showing you that healing requires rays of energy,
a constant effort on your part,
to realize you are the only brightness on the darkest of days,
be mindful of this new season;
the gift of a new beginning,
and a chance to forget all your pains of yesterday. **g**

