RECOVERY.

Depression;-, A dark mood covers you.

The dark mood shuts you off from bright and light,

From the flow of thoughts in day to day living,

From motivation to do anything interesting.

Recovery activity says the Mental Health worker

Yes let's see, yes want that for you

Want you to find the motivation to do something

Interesting during the day.

But how can I find the motivation

When I am in this closed in purgatory?

When I feel chained in my dark world

Of depression, and destruction of motivation ?

I know. No not easy

But want you to try a few minutes a day.

Then want you to try and sing this little song

Give me five minutes more, only five minutes more.

And do you know we have a five course menu of

Recovery activity?

In time, want you to have fun to pick and choose

My as time's gone by.

I have gone on from the song, give me

Five minutes more.

I have gone on to sing give me five hours more

And then

Give me five days, five months five years more.

As time's gone by

I have gone to full days and a fuller life,

No more depression trouble and strife

But to the magic of happy new moods.,

From ground down introvert to happy extravert
.

From the Menu:- Reading:-

Exciting new worlds of dramatic situations,

And psychologies of men and women

In all sorts of time and place.,

And from many different nations.

I feel so good. I go to a reading circle,

Led by by a full time creative writer.

I feel so good. She says thank you for my

Contributions and observations.

Therapy, I love those charts and tables

In my manual of CBT

Try them you will agree.

Better than word puzzles or suduku,

You will see.
.
 From the Menu:-Music

 Beethoven so inspiring

 Transports me to new worlds of all embracing

 Harmony and glory.

 Pop groups No..No..No… instant harmony

 No glory..

.
From the Menu:- Walk in the Park

I refresh myself in fresh air,

I go on to gardening within the park.

At first I take out plants instead of weeds

Then I go on to better gardening deeds.

I go on to put in new plant seeds

I feel so good. The little seeds I have planted

The baby plant I have watered and nurtured.

Now look see,

But the activity my friend, you did not mention

Watching the news on TV

See how others in the worlds suffer and loose

All over the world tragic stories.

Can I feel good? Only in consolation.

Others in the world suffer more then me. .

Only for bits of money I give to charity.

Nice to see you for our review,

Say the Psychiatrist and Mental Health Worker,

My you have done well with your programme

Of recovery.

Do you know if there were a recovery course

At University ,you would have an MA degree.

What! What! Me a University Degree
.

We have a recovery team at our Mental Health Trust

Please join us as a Service User rep.,

Thank you for this surprising step.

Wow, a bigger step still,

I'll go for a Post Graduate PHD ,

And end up as a Manager in the Trust.

Trust in yourself, Mental Health sufferers.,

Show your spirit. The sky's the limit.

But Oh No supporting Arsenal my football team

Still makes me stressed,

Oh No not lost again,

Come don't be stressed over a football team

The players won't be stress themselves over you...

II know. I will join the Wenger Out Campaign.