



Peer Perspective August 2021

Depression...

As I sit at my keyboard to write this and close my eyes to let my thoughts swirl and hopefully gather on something profound, I am struck by the heaviness in my body and my eyelids. I hear the dog's rhythmic deep breathing of sleep at my feet, and I just want to join him.

My recall conjures memories of floating weightlessly in a saltwater pool under the morning sun and how easily the entire world disappeared until my hand bumped into the wall at the pool's edge and I was instantly shocked back to reality; spell broken.

I want to drift in that escape for a while longer, submerged but afloat. Maybe I'll sleep beside the dog on the floor and dream about it.

Some days are just like this.

I'm looking forward to tomorrow's new day.

- Tracy, Certified Peer Specialist, CMMHC