

Issac Cordova

Ode to Depression

You've wrecked my nerve
Lying face down to soak the sun
To chase the winter moods
You've given me drugs to find you
You've given my drugs to lose you
Never fully up never fully down
Drill my insides till my brain screams
Getting out of a bed to start
Back to the bed by the hour
I'm a sack of skin without a bone
Arms too heavy, legs won't stand
You make me sit in the shower
Just let the water hit my head
Hope to heat you up, and burn you out
I try to freeze you in cold water, I jolt
I guess most of us live with you in some way
Prozac, in the end, my only friend!