

how do you celebrate?

how do you celebrate being alive?  
when your mind doesn't want to survive?

well-meaning friends say look on the positive  
but your mind is insanely sensitive

your life is a friend's answered prayer  
but your mind says "oh no, it's God, beware"

the sun shines and dries your clothes  
but your mind just feels the wind that blows

it rains everywhere except on you  
but your mind can't grasp creative cues

your friends message with perfect timing  
but your mind thinks it's in *The Shining*

being with your family is your hearts goal  
but your mind has created an isolated soul

wise women seek to build your confidence  
but your mind challenges your small existence

for your birthday you're not alone  
but your mind wants a lover at home

friends advise to stop being discontented  
but your mind is badly needing vented

where's the celebration in your life?  
when your mind views everything as strife?

when you read back the poem you see life's got positives  
you realise what you've got as constants

friends, support, a home, clothes, creation  
all undervalued because of some problem relations

it's time to separate facts from feelings  
what's on your mind has been quite revealing

many people care what happens to you  
exhibit yourself like being at the zoo

a unique creature with special needs  
you are admired for doing simple deeds

your life is on show to all your friends  
they learn from you, that life doesn't need to end

so how do you celebrate being alive?  
by daily getting up and setting your mind - to thrive!

Jo Beth Gray