

Colleen's Contemplations – February 2009

So, I wore unmatched socks today, and that was just the tip of the iceberg for my lousy mood. I've never been one who suffered from the seasonal depression (Seasonal Affective Disorder (SAD)). I'm not limited by the weather. I can be depressed on a beautiful spring day just as easily as on a cloudy winter day. Do you remember how last month I resolved to work on changing my perspective, focusing on the good and not the bad? What a crock.

I'm trying to be more organized, but I can't seem to get started. I'm trying to be focused on WNC business on the days I've assigned it, but it's seeping over into my other days as well. I'm trying to be truly there for my kids after school and on weekends, but after a half hour I'm worrying about the endless to-do-list. I'm trying to eat healthier and possibly lose some weight, but frankly I don't always care. I take time for friends and family and then resent them for needing my time. I could easily just lie down on the couch and sleep the day away. But I have people in my life who care. And things are truly not so insurmountable.

So, I get it. I understand depression in all its forms and I understand how hard things are right now for a lot of people. I try once a month to make phone calls to the clients on my list who might be struggling. I tell them I care and I'm just checking to see if they are getting through. Because sometimes it's nice when I'm caught up in the foggy funk of depression to have a light shine through and hear someone say they care. It will all pass if I have faith, and one day at a time, one step at a time really does work. So go out and be a light for the people around you. It takes so little to show you care, but it means a great deal to those who might be suffering. The basket of unmatched socks that has been mocking me for a week will not win, even if I have to empty it by wearing unmatched socks for a while.

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