First Last Name

English I

Mrs. Aman

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Poem Interpretation: Depression

DEPRESSION

when life is great and nothing’s wrong,

i’ll stay in your mind like a catchy song.

when you come up for air and you’re feeling free,

i’ll weigh you down like lead boots in the sea.

if you try to wash me down the drain,

thicker than mud, I’ll stick to your brain.

when you’re filled with joy without concern,

i’ll hollow you out like a jack-o’-lantern.

when nothing you need to do is completed,

you’ll get up to go, but I’ll keep you seated.

when you start to build hope and the future’s bright,

i’ll snuff out the sun and prolong the night.

no matter personal or financial success,

i’ll crawl up your skin with the Reaper’s caress.

when you’re close to escaping but miss by a thread,

i’ll be here waiting with a gun to your head.

This is one of Gabbie Hanna’s poems in her book, Adultolescence. The author sets a bleak tone in this poem. She describes depression as something that you can’t get away from, something that can turn on and off like a switch. She paints a vivid picture and seems to have gone through exactly that which is why I think she was able to write about it so raw and bluntly. It can make some people nervous having to talk about the illness but she was very upfront on what it can be like dealing with depression.

This poem I found quite interesting because she really highlights that you don’t have much control over the illness. There are people out there who will say it’s just in your head as if one would ever want to feel that way, which is exactly what creates such a bad stigma around mental illness. I also noticed how she describes how hard it can be to get better. It’s a tough thing to go through and it can stay with you for a long time, but it doesn’t have to be forever and you can get through it.