

Ten Signs You're Getting Depressed Again

1. Clinging to your eyes, carrying the weight of sleepless nights and exhausting mornings, the shadows under your eyes are somewhere between black and purple.
2. Dirty clothes, the same you wore yesterday and the day before that, wrinkled and old and sagging and smelling, with a mysterious food stain you hope no one will notice.
3. Grease laying thick in layers over unkempt hair, turning it from a light shade of golden honey to an oil spill in the Atlantic.
4. Curtains closed tightly, casting the room into darkness. The thick curtains drift apart slightly to allow piercing light to trickle in through the window and pool on the floor around the potato chip bags you still have to pick up.
5. A stack of homework, papers, books, unfinished projects sit abandoned on the desk, occasionally spitting out old wrinkled pages with doodles filling in the margins.
6. The flash of a phone screen and a faint humming sound as another person forces a green bubble through to you. The finger wavers over it, uncertain, then returns to the mindless scrolling without even a reply.
7. A half eaten muffin, chocolate crumbs in the white sheets, the wrapper carefully placed in the overflowing trash can.

8. The rolls of fat that consume your body, screaming for something loose and large to drape over them in comfort.
9. On the dresser sits a pill bottle proudly displaying the little blue capsules inside. Next to it is a plastic box with all the days of the week. Every single one of them still has a little blue capsule and it's already Saturday.
10. A dark cloud, heavy with rain, exists in your mind and in your heart, in the shadows under your eyes and the darkness within them. A broken shell cannot be a home.