

December 2017

## Tides & Mental Illness

Lauren Farmer  
*New York Medical College*

Follow this and additional works at: [https://touroscholar.touro.edu/quill\\_and\\_scope](https://touroscholar.touro.edu/quill_and_scope)



Part of the [Arts and Humanities Commons](#), and the [Medicine and Health Sciences Commons](#)

---

### Recommended Citation

Farmer, L. (2017). Tides & Mental Illness. *Quill & Scope*, 10 (1). Retrieved from

This Poetry and Creative Writing is brought to you for free and open access by the Students at Touro Scholar. It has been accepted for inclusion in Quill & Scope by an authorized editor of Touro Scholar. . For more information, please contact [touro.scholar@touro.edu](mailto:touro.scholar@touro.edu).

## ***Tides & Mental Illness***

It was low tide yesterday. I forgot how much I love her at low tide.

Because  
At high tide  
Her waves crash around us,  
Causing Destruction.

And I become desperately sad.

But being sad and shocked after a night of her rage  
Is like being sad and shocked that the tide comes in and out of the ocean.

I have seen this cycle too many times to remember how many  
Yet, time and time again I forget

I forget about her tides.

They come in slow,  
Crash.

Maybe there is a reason that she claims her tides are calmed by the sea.

Maybe she feels at home.

I do not like her tides.  
I resent them and her and them and her.  
I am trying to learn to brace for them.

I do not love them but I do love her.