

\*Note: This material covers feelings of depression, loneliness and hopelessness

## **Apocalypse: When The World Shuts Down**

I.

In one minute you go from  
socialite to shut-in

Your friends are a click away  
but you can't go meet them

for a Jonas Brothers' concert  
with other friend groups

Doing the exact same thing  
that perfectly sums up your life

In between staring at your computer  
in your little bedroom, you think

about all the things that would have happened  
by now, all the shifts that are different from the last,

interacting with beings that share your soul,  
without them you feel truly lonely, the grief

and uncertainty is all-too-consuming, bit by bit  
you lose the self you built with firm walls

You're truly desperate for life, anything that makes you  
feel alive and seen like daily trips to your safe haven

that's filled with people who love all of you  
You're crying now, missing them is like:

Crawling through a desert in search of water,  
Running from a dinosaur that wants your flesh

Survival, is the only important thing,

all you have is to be grounded in what you can control  
even when you feel like there's almost nothing  
you can control. I cling to connection like  
a newborn clings to their mother's breast  
The people of the world cling to what they can do  
Staying inside and rationing supplies  
reminds us of wartimes and doomsday films  
where only the strong survive the enemy attack  
All we have now is hope  
that when the world comes back, our sanity comes with it

## II.

Our sanity is as fragile as the baby  
in mommy's arms crying for daddy  
on the other side of the glass. Our sanity  
withers like small businesses and  
their closed signs. When we feel like we have  
no sanity left, we log into Netflix  
turn up the volume and escape into worlds  
where crime fighters get into the Minds  
of serial killers, rapists, desperate couples who  
steal a child from their bed at night, believing  
the child is "safer" with them. A strong Morgan  
calls a bubbly Garcia, baby girl, while  
her fingers rapidly type away desperate to find  
an UnSub through criminal records,  
credit card purchases, cell phone records,  
anything that leaves a trail for her to follow.

When we feel like we have no sanity left,  
we turn to our inner creative side, painting  
landscapes, taking your perfect quarantine selfie,  
playing music, or writing a story where  
Your main character is a princess far from her kingdom  
who has to fight evil creatures and dominant  
men and women to get it back. The princess is relentless  
though, finding anyone who will listen to join  
her cause, finding anyone with power of their own to  
join her cause, finding a prince isn't in the  
equation. But she might fall in love with someone anyway  
even when it wasn't in the plan, as every good  
adventure needs higher stakes involved. A twist.

One of the dominant men is a lost brother who  
aligned with the mutual evil, brother and sister share.

The princess now has to find her brother and  
tell him the truth before it's too late. A knife through  
the heart of evil after more bloodshed before it.  
Lost brother and sister can rule together now, even  
with the hidden jealousy of the sister's lover  
you wanted to forget about. In fantasy, we find the  
escape of the serious world around us where  
our sanity can bloom again, in even brighter colors

### III.

When fantasy fades, reality strikes back hard  
like **bright lightning** hitting the innocent pine tree

A woman who works at Walmart does her mask

and gloves, driving to work with fear of infection

to keep food on the table for millions of Americans

A call comes in to the local EMS, the response is

to drive the patient to a different hospital that  
isn't overcrowded with people that don't get

to have their family present when they die  
just doctors and nurses dedicating their hours

when they can't be with their own family  
They put on a brave face for their child

on the other side of the glass, with urgent  
👁️👁️ they beg their child to not give up.

People sing to their neighbors on rooftops  
People hold parades on Easter Day instead

of having egg hunts with their extended families  
People hold Zoom calls on their birthdays

People clap and cheer for First Responders  
People **STILL**

don't understand that when they venture  
out in public without a mask, or gloves

or the fricking decency to keep 6 feet from strangers

they decide they are willing to kill someone in a global pandemic where millions fight sickness  
everyday because people are too stupid to realize how serious this all is