

A Meditation in Times of Anxiety and Depression



I pause (breathe in and out) and thank you for this day. For the challenges, the emotions, the struggle. For in all this, I grow closer to you.

I pause (breathe in and out) and ask that in the darkness, I see your light and in my fear, I feel your strength.

I pause (breathe in and out) and remember that today, As in days before, I have survived. When I've wanted to run, I've stayed. When I wanted to hide, I've faced the day.

I pause (breathe in and out) and ask for forgiveness for The days I falter and the disease takes over. I ask for compassion and love when I'm unable to give those to myself.

I pause (breathe in and out) and resolve to love myself more tomorrow. And always feel your spirit surround me in safety.

I pause (breathe in and out) and rest.

- *By Erin Roush*