

Otherwise Engaged

A Literature and Arts Journal

Volume 11. Summer 2023

(PART I)

Edited and Compiled

By Marzia Dessi

Copyright © 2023 Marzia Dessi

All rights reserved.

ISBN: 9798851044298

My Friends Think They're Therapists

By Leighton Schreyer

Have you taken your meds today?

Tried meditation?

I heard yoga can help

or taking a walk

I'm sure it's just the weather...

How about a hot shower?

To self-soothe, you know?

Oooh, and scented lotion

or essential oils;

lavender helps with
relaxation

and I heard orange was a good mood
booster

or maybe it was lemon...

something citrusy at least...

you should really buy a
diffuser;

I can send you a link to the one I got on
Amazon.

Best \$30 you'll ever spend, I
swear!

Are you *sure* you're drinking enough water?

Taking your vitamins?

Come to think of it, a cold
shower

might be better;

to wake you up, you know?

Just relax
Everything will be okay

Did you try working out?

I heard it gives you a dopamine kick like...

smoking weed

is legal now, if you know what I
mean...

I don't see

a problem here

Think of it this way...

at least you don't have to worry

about time
management skills

If I had even an ounce of your
discipline...

Seriously though, sometimes you're a bit
much

Everyone gets stressed sometimes

Why don't you just try smiling?

Happiness is a choice, you know?

You seem so much better!