

## Mental Health Day

Lying in my hammock, rocked by the breeze,  
Gazing at the clouds drifting overhead  
It's my day off, I can do as I please.

Warblers sing from nests hidden in oak trees,  
While my fingers play with a ravelling thread,  
Lying in my hammock, rocked by the breeze.

Monarch butterflies land on milkweed leaves,  
Glisten in sunlight when their wings are spread -  
I have the day off to spend as I please.

A soaring hawk is joined by crows who tease  
Her. I watch the show from my outdoor bed,  
Lying in my hammock, rocked by the breeze.

Later on I'll pick wild blueberries -  
Or maybe I'll lie here all day instead -  
I have the day off, I'll do as I please.

I think now's a good time to catch some zzz's -  
Close my eyes, put my hands behind my head,  
Lying in my hammock rocked by the breeze  
With the whole day off to do as I please.