

UC Merced

The Vernal Pool

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Quarters of a Year

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Author

Jurilla, Matthew

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Peer reviewed|Undergraduate

Quarters of a Year
By Matthew Jurilla

20mg – I've been told that when taking lurasidone, the recommended dose range is 20mg to 120mg per day.

It doesn't matter that I'm taking 20mg of antidepressants per day to make myself believe that I'm okay. I'm all right. I'm fine.

A symphony played on repeat because I want to hear and be told that I don't require more than 20mg.

It doesn't matter that I stood at the highest point of my school building the other day and found comfort in how small the world was because my hands seemed large enough to encase the world between my palms.

40mg - It doesn't matter that if I were to be honest, I considered jumping because dreams are meant to fly and if I plummeted to the ground and stained its clothes as a fine paste, then my dreams were too large to swallow.

Not that I've mistaken my dreams for pills meant to be ingested into my abdomen as a way to count time.

Not that once I'd run out of dreams, I'd be without purpose and death would only be a matter of time.

Not that I've forgotten what it's like to have dreams because I've tossed them all into a wishing well dug by the hands of my anxiety...

80mg – I don't know much about the town behind the gates with a golden hue.
I just know that I belong somewhere,
and that it's okay to move away from a life that is
one half disappointment and another half anxiety.

It doesn't matter that here I choose not to smile because
it would be the biggest lie disguised as a bent halo
who only Depression would have the privilege of seeing.

120mg - It doesn't matter that my life is synonymous with antidepressants
and that taking 20mg is actually 100mg less than what I should be taking.

Or that I think I should be taking. I feel like 120mg isn't enough,
so I'm peering down at the world from the highest point of
my school building again while taking my dosage.