

# WELLBEING POEMS



BROUGHT TOGETHER BY

JAYNE ELLIS

FOUNDER AND DIRECTOR OF EF TRAINING

# TABLE OF CONTENTS

- INTRODUCTION
- THE UNBROKEN
- THE STORY OF TWO WOLVES
- THE GUESTHOUSE
- JOY IN LIFE
- THE MOUNTAIN
- DON'T QUIT
- MIRRORS LIE

# INTRODUCTION

Sometimes when we feel anxious, sad, afraid or alone it can be comforting to know that others have felt the same way. It can be a sad song or a story or a poem that connects us with a shared experience.

These poems are all about wellbeing and resilience and I hope you enjoy reading them and find one that speaks to you and how you are feeling. I also hope that you find them inspiring and comforting.

Please let us know if you have discovered others you think we could include and I will add them to this collection.

Take good care of yourself

Jayne

# The Unbroken

There is a brokenness  
out of which comes the unbroken,  
a shatteredness  
out of which blooms the unshatterable.

There is a sorrow  
beyond all grief which leads to joy  
and a fragility  
out of whose depths emerges strength.  
There is a hollow space too vast for words  
through which we pass with each loss,  
out of whose darkness we are sanctioned into being.

There is a cry deeper than all sound  
whose serrated edges cut the heart  
as we break open  
to the place inside which is unbreakable  
and whole,  
while learning to sing

# The Guesthouse

This being human is a guesthouse.  
Every morning, a new arrival.

A joy, a depression, a meanness.  
Some momentary awareness comes  
as an unexpected visitor.

Welcome and entertain them all!  
Even if they're a crowd of sorrows  
who violently sweep your house  
empty of its furniture.  
Still treat each guest honourably.  
He may be clearing you out  
for some new delight.

The dark thought, the shame, the malice  
Meet them at the door laughing  
and invite them in.

Be grateful for whoever comes  
because each has been sent  
as a guide from beyond.



*Rumi*

# The Story of The Two Wolves

An old Cherokee Indian chief was teaching his grandson about life.

“A fight is going on inside me,” he told the young boy, “A fight between two wolves. One is evil, full of anger, sorrow, regret, greed, self-pity and false pride. The other is good, full of joy, peace, love, humility, kindness and faith.”

“This same fight is going on inside of you, grandson...and inside of every other person on the face of this earth.”

The grandson ponders this for a moment and then asks, “Grandfather, which wolf will win?”

The old man smiled and simply said, “The one you feed.”



# Joy in Life

**You must be completely awake in the present  
to enjoy the tea.**

**Only in the awareness of the present,  
can your hands feel the pleasant warmth of the cup.  
Only in the present, can you savour the aroma,  
taste the sweetness, appreciate the delicacy.**

**If you are ruminating about the past,  
or worrying about the future,  
you will completely miss the experience  
of enjoying the cup of tea.  
You will look down at the cup, and the tea will be gone.**

**Life is like that.  
If you are not fully present,  
you will look around and it will be gone.  
You will have missed the feel, the aroma,  
the delicacy and the beauty of life.  
It will seem to be speeding past you.**

**The past is finished.  
Learn from it and let it go.**

**The future is not even here yet.  
Plan for it,  
but do not waste your time worrying about it.  
Worrying is worthless.**

**When you stop ruminating about  
what has already happened,  
when you stop worrying about  
what might  
never happen,  
then you will be in the present moment.  
Then you will begin to experience joy in life.**

**Thich Nhat Hanh**

# The Mountain

If the mountain seems too big today  
then climb a hill instead

If the morning brings you sadness  
it's ok to stay in bed

If the day ahead weighs heavy  
and your plans feel like a curse  
there's no shame in rearranging  
don't make yourself feel worse

If a shower stings like needles  
and the bath feels like you'll drown  
if you haven't washed your hair for days  
don't throw away your crown

A day is not a lifetime  
a rest is not defeat

Don't think of it as failure  
just a quiet kind retreat  
It's ok to take a moment  
from an anxious fractured mind  
the world will not stop turning  
while you get realigned

The mountain will still be there  
when you want to try again  
you can climb it in your own time

**Just love yourself till then**



# Don't Quit

When things go wrong, as they sometimes will,  
When the road you're trudging seems all uphill,  
When the funds are low but the debts are high,  
And you want to smile but you have to sigh,  
When care is pressing you down a bit...  
Rest if you must, but don't you quit!  
Life is queer with its twists and turns,  
As every one of us sometimes learns,  
And many failures turn about  
When we might have won had we stuck it out.  
Don't give up though the pace seems slow...  
You may succeed with another blow.

Often the struggler has given up  
When he might have captured the victor's cup;  
And he learned too late when the night came down,  
How close he was to the golden crown.  
Success is failure turned inside out...  
And you can never tell how close you are  
It may be near when it seems so far.  
So stick to the fight when you're hardest hit  
It's when things seem worst that you must not quit.





# NEVER TRUST A MIRROR

Never trust a mirror,  
For the mirror always lies,  
It makes you think that all your worth,  
Can be seen from the outside.

Never trust a mirror,  
It only shows you skin deep,  
You can't see how your eyelids flutter,  
When you're drifting off to sleep,  
It doesn't show you what he sees,  
When you're only being you,  
Or how your eyes just light up,  
When you're loving what you do,  
It doesn't capture when you're smiling,  
Where no one else can see,  
And your reflection cannot tell you,  
Everything you mean to me,  
Never trust a mirror,  
For it only shows your skin,  
And if you think that it dictates your  
worth,  
It's time you looked within.