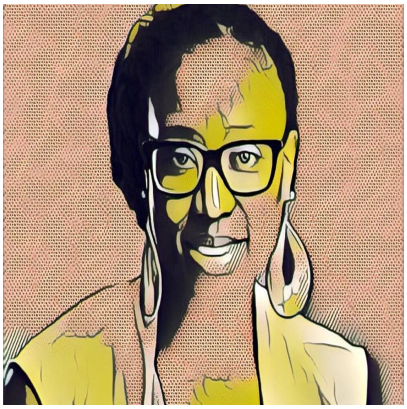

Pinkie Points It Out: My Weird Depression Looks Kinda Dope!

Description

The AutoEthnographer

The Autoethnographer

Image of depressed woman by 1388843 from Pixabay

Pinkie Points It Out: My Weird Depression Looks Kinda Dope!

My depression showed up this summer like â??hey sis!â?• And I was like â??fuck my lifeâ?•!

I wasnâ??t ready. Normally, I wouldâ??ve told it to come on in and have several seats. Like old acquaintances.

But not this time.

This time, it caught me off guard. The thing I hate the most about it is that it will let me believe that I am not depressed. Thatâ??s because my depression looks kinda dope!

It looks like waking my kids up with a smile and a kiss. I once heard Toni Morrison tell Oprah that thatâ??s the ultimate joy you can bring to a kidâ??s lifeâ??to walk in a room and smile at them. I, an avid reader, took this suggestion personally. Itâ??s Toni Morrison, after all.

It looks like running three miles a day and unwinding with daily yoga sessions. And it looks like reading my favorite fiction books and binge watching my favorite Netflix shows. It looks like going to the beach and letting the waves wash my feet as I walk along the shore. And it looks like taking boat rides up the Hudson River while sipping mimosas. This is some real picturesque shit! It could go on a postcard! Or at least on Instagram.

The AutoEthnographer

Yet my depression does not give two fucks that I do all of this!

It doesnâ??t care that I eat well (Iâ??m vegan, so that might be debatable). It doesnâ??t care that I exercise. That I rest. That I meditate. That I am constantly reading self-help booksâ??Oprah recommended books no less! Spiritual teacher, Eckhart Tolle, would likely say that I am depressed because I am living in the past, that I am not present. But Tolle, trust me, my present moment *is* fucked up!

Why, you ask? I know you might not like or believe my response, but itâ??s the truth: I. Do. Not. Know.

And Iâ??m okay with that. There has to be room for thatâ??*the not knowing*. We should try that more oftenâ??going through life not knowing some shit and being comfortable with it. We live in an age where we want quick answers to everything, sometimes demanding explanations to shit that just ainâ??t any of our business (hint: Carlee Russell case here. Iâ??m willing to bet that there is more outrage that she was found alive than had she been found murdered). But thatâ??s neither here nor there. What is here is my depression. In full form. Yet, it wonâ??t last forever. I usually cycle through emotions that match the season.

So, by the time Fall rolls in, Iâ??ll be biding adieu to my depression in the not so nice words of â??Fuck You Very Much. See you next time.â?•

MORE FROM PINKIE

Credits

Image of depressed woman by 1388843 from Pixabay

Learn More

New to autoethnography? Visit What Is Autoethnography? How Can I Learn More? to learn about autoethnographic writing and expressive arts. Interested in contributing? Then, view our editorial boardâ??s What Do Editors Look for When Reviewing Evocative Autoethnographic Work?. Accordingly, check out our Submissions page. View Our Team in order to learn about our editorial board. Please see our Work with Us page to learn about volunteering at *The AutoEthnographer*. Visit Scholarships to learn about our annual student scholarship competition.

The AutoEthnographer

Category

1. All Content
2. Autoethnographic Essays
3. Volume 3, Issue 3 (2023)

Author
renataferdinand