

Creative expressions

Two nurses express their thoughts related to nurses, stress, and suicide.

Stop and Listen

This poem by Ten Mendoza, DNP, RN-BC, a clinical nurse in senior behavioral health at the University of California San Diego Health, was written after supporting a colleague through a suicidal moment.

Stop and Listen

*Unhinged in poisonous space
floating captive, drenched in disgrace
if I die now, this space
will be my solace, my saving grace*

*I'm tied down, trapped
Frozen in this time, gasping
For one last act
Of defiance to this guilt
Engulfing me to the hilt*

*I reach out to you
threw myself in pursuit
Could you stop
and listen too
Before my oblivion eschew
My Essence
Before I say adieu*

*Stop and listen
See me thru
Don't believe what I say
Believe what I do*

*Faithless, worthless
useless, mirthless
An empty nest
The outside is meaningless
My facade
I am a fraud*

*I want to die
Stop and Listen
Ask why*



"Dread" by Sarah Pai, MSN, APRN, PMHNP-BC.
Oil on Canvas.