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Mild Cures For Mild Depressions

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Mild Cures For Mild Depressions

Author Bio

Hannah! Evans has been writing her name with an exclamation point since first grade. She's currently a Senior English Major with a Writing Concentration and Educational Studies Minor. As a lover of the multidimensional, Hannah! considers herself a writer, an artist, a thinker, a creator, and more, and she hopes to follow her inspiration into a career which involves many things. She hosts poetry recitations and analysis on twitch.tv/hannahex.

Mild Cures for Mild Depressions

HANNNAH! EVANS

1. Two sips of Mocha, at least.
2. The Rocky Horror Picture Show's "Time Warp", or any rockin' song that reminds you of friends and/or dancing.
3. Striding across campus in a long, flowing detective/badass/mysterious/Judd Nelson jacket with your dad's recently appropriated button-down underneath.
4. Stompy boots and fast walking, especially over terrains that would be unpleasant in just your Vans.
5. A friend who runs across campus to deliver cookies that another friend made for you. You know they were offering to make these cookies for people; you remember when they asked if you'd like them to make you some. In that moment, you sort of hadn't believed that it would ever happen; but, here, it did. Here are the cookies in your hands. So, you're surprised and heart-warmed.
6. Someone writing your name on a plastic bag how you prefer it to be written.
7. Discovering that you're better friends with someone than you thought.
8. Arriving at your destination on time, prepared.
9. Saying cool and insightful things in class.
10. Having rolled-up sleeves and feeling, once again, like a badass twenty-something eighties icon.
11. Drinking coffee all throughout class.
12. Getting away with it.

13. While walking to dinner, your friend says you look mysterious.
14. Saying “Thank you for the compliment.” Saying “Thank you for the cookies.”
15. Witnessing your friends’ smiles.
16. Catching yourself already in the middle of a smile.