

Lockdown 2

Lockdown 2 is making me feel blue
Autumn leaves blow into my cappuccino

And I resist going with the flow
of socialising outside without the glow
of sunlight warming my extremities.

What if I catch my death of cold
doing what I am told
as a 72 year old? - to be quite so bold
to allow the winds to attack my shins.

And what about my mental health?
Will insomnia, depression and anxiety come knocking
at my door?

I'm told those who suffer from these could be taken to
their knees
by covid and surely pose a death risk.

So I'm left wondering about my physical and mental
health too

as I sip my cappuccino
and reflect on Lockdown 2
as I feel blue
wondering what's the right thing to do
at the ripe old age of 72.

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