some say

there are three things

that last for ever

and I have sacrificed

the greatest of all

love

I broke the Golden Rule

giving

I emptied

bringing light

I burnt out

caring

I wearied

darkness came

I did not rest

I did not eat

did not sleep

arrived home late

time and again

argued over nothing

binged

lost myself

fell out of love

with myself

and how can you love others

care about anyone else

when you do not do so

for yourself

but I had no choice

could not say

no

some say

there are three things

that last for ever

two now remain

faith

that we will better ourselves because of this

and hope

that love

will be

rebirthed

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*Written for the 2022 NHS Charities memorial event to remember sacrifices made by health and care staff during the pandemic.*