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.*