

The Archetype of the Fool and Mental Health

by Jenny Cossack

We are here, over prescribing
We are here, misunderstood.
Liverpool here
Too much screen time.
Liverpool here
Pace getting Faster.
Slow down, see
Hearts are breaking.
Over prescribing
Slowing us down.
Heart problems rising
Too much stress.
Stress less,
Good to talk.
Not alone.



The fool can feel they don't fit in with other people. Thinks a lot but doesn't listen where wisdom is there to help. Negative thoughts, thinking, own worst enemy.

Change mindset.

Talks a lot but doesn't comprehend that not everyone is nice and needs to open their eyes.

Anxiety, consumed with worry. If could just appreciate others more would come undone less.