

## *The Caterbear*

Scientists have long been wondering why sometimes one can feel so terribly sad and anxious in the evening, then go to sleep and wake up feeling a little bit better.

They ask things like

Where does the sorrow go in the night?

How do things feel better if nothing has been done about the situation other than a bit of sleep?  
and

Why is it that time seems to heal emotional pain,  
even if the memory, event, or situation itself cannot be changed?

The answer to these questions is the caterbear and its eating habits.

Soft and kind, the creature uses its many legs to meander through the mind and gently munch away upon any anxiety or sorrow that it may find there. Shy creatures, they often prefer to do their eating while humans sleep, or hide behind other thoughts. As a result, they often pass by unnoticed- leaving only a lack of sadness to mark that they were ever there at all!

This is why sometimes people develop depression more often in the winter. Caterbears are still a bear of sorts, after all. While they don't completely hibernate through the cold months, the dark and snowy days do sometimes make them quite sleepy! As a result they end up eating less during this time of year, and fear and sorrow can begin to add up in their absence.

Sometimes life is difficult, and it seems that one bad thing after another happens. So many hard feelings may fill the brain that the caterbear becomes full, and cannot eat them all fast enough! During these painful times, it is nice to take comfort that the caterbear population is well fed. It may take some time, but the little creatures are very thorough in their snacking, and will eventually eat all of the horrible thoughts and leave the mind clear and well.