

ANXIETY

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anxiety
it creeps in
it fucks with your mind
it makes you feel unsettled
uncomfortable in crowds
seeps into your body
and now you can't stop shaking
feel like you're barely breathing
tears are escaping
falling down your face
and you wonder how can you make it go away?
but you can't
because it's here to stay
yes, you can keep it at bay
but not for long
and it's not up to you when or where
people will say it's okay not to be okay
but what if you're not okay most of the time?
all of the time?
is it okay then?
is it okay now?

truth is I'm not okay at all
and I don't see an end to this

