

Anxiety

A normal summer day,
Window open,
With a cool breeze rolling in.
My family watching a movie,
Sitting on the couch,
Eyes focused,
Watching as the scenes go on.
I too,
Sitting there with not a worry,
In the world.
But my mind couldn't rest.
My breathing growing heavy,
A sense of fear washing over me,
A feeling I had never felt before,
Not this heavily.
The rush of panic and worry,
A way of anxiety I never knew before.
My family not knowing what to do,
My mother a nervous wreck,
Not understanding what is happening.
I try to stay calm,
Try to calm the worry of my mother.
Not knowing what was going on either.
The feeling getting too much,
The rush of the car getting me,
To the hospital.
Anxiety attack.
That's what it was.
Little did I know that,
It would stick around longer,
Then that one summer day.

- Taylor Pierre