



Courage Is Poetry Project 2017
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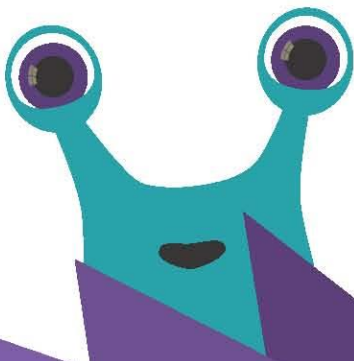
Anxiety

by Hannah Hodgson

It is water
that pushes its way through flood gates
up my nose, fills my head
puddles in my lungs.

There is a crowd in my throat
and I am choking
choking
on people.

My breaths,
shallow as car revs.
Lungs, laced shoes
pulled tighter, tighter
in enclosed space.
Everyday I show a smile
I hand embroidered,
every night I rebuild myself
like Jenga blocks.
My smile shakes
But stays, it stays
it stays.



COURAGE IS POETRY PROJECT IS SUPPORTED BY
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