

Misery of the Mind

Jenitza Brown

I'M TIRED.

I'M TIRED of waking up and being
fearful of the world.

I'M TIRED of feeling weak.

I'M TIRED of people saying,
"If you put your mind to it,
you can do it..."

Easier said than done.

I'M TIRED of not being normal,
but what does normal look like?

I'M TIRED of waking up and feeling like
the air has been sucked out of me.

I'M TIRED of anxiety — anxiety is real.

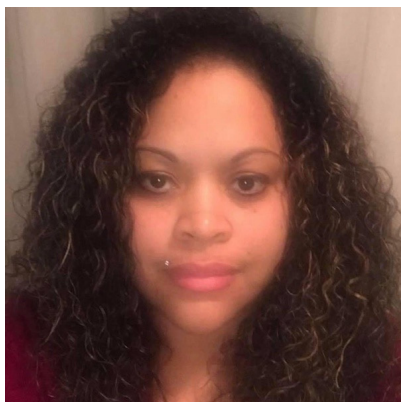
I'M TIRED of this nightmare.
When will it end?

I'M TIRED.



Image by Mohamed Hassan,
Pixabay.

AFTER YOU READ: Write your own poem about how you are feeling.



Jenitza Brown is 36 years old and was born in Puerto Rico. Now living in Norwich, CT, Jenitza is attending the Credit Diploma Program both day and night at Norwich Regional Adult Education. She has three beautiful children and a wonderful husband who supports her dream of earning her high school diploma.