

# ;) Anxiety feels like

It feels like every cell in my body is moving so fast my veins are blurry that despite the constant metronome of my heartbeat inside my ears it's like listening to a static drumline

It feels like bees in my ears like a broken white noise machine playing all of the sounds at once and I don't even realize I'm grinding my teeth or cracking my knuckles or my fore fingers against my pinky

holding on to myself like I'm the only life line bridging the gap between reality on my own two feet

the atomic cloud abyss of noises and sounds

feelings of fleeing to my business

I'm avoiding eye contact not because I'm not listening to what you're saying

I'm listening to the sounds of my own voice hoping that you can't hear that it's two octaves too high

I'm on the verge of breaking because my palms are sweating

I somehow forgot to speak with anything behind my words other than insecurity

my anxiety feels like fire unexplainably hot and  
rash and frustrating as I rot the inside of my  
cheeks.