

2021

## Lockdown

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It seemed as if the world stopped turning  
And I stopped living  
The independence I had built  
Came crumbling down

I didn't just feel isolated this time  
I truly was all alone  
Forced to be trapped inside  
With my thoughts to keep me company

Leg shaking  
Nail-biting  
Heavy breathing  
My anxiety is through the roof

Constant worrying  
A million thoughts  
Running through my head  
Of the past, of the future

My thoughts seem to be everywhere  
Yet nowhere at all  
I can't focus  
I want to sleep

To sleep until it's over  
Put me in an induced coma  
I'm tired of doing nothing  
Of my life going nowhere

It feels as if my days are endless  
Never meeting anyone new  
Never leaving  
Never growing

My college experience is fading away  
Just as my life seems to be  
My chance at independence lost  
The fear grows inside me

When life eases back into normal  
I may be done with school  
My last shred of adolescence  
Torn away from me

I will be thrown into adulthood  
By myself with no friends  
No social skills  
And more introverted than ever

I will feel alone  
Maybe more than I ever have  
Maybe the same as I always have  
I'm no good at making friends

Impressing bosses seems impossible  
Making work friends seems unthinkable  
Taking care of myself seems impractical  
I will waste away

I feel as though my time is running out  
I may be young but my life is slipping away  
Covid may be the death of me  
But in a different way than you think

*-Madison Mederos*