

Stuck at Home

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My Autistic brain

I'm trying to get out of this stuck at home funk but it's not easy.

My brain is out of control.

It seems like a bunch of microphones talking at the same time.

I can't focus on one thing when there's a million things screaming in my head.

It overwhelms me.

I try to find the good but it's lost in fears of pandemics and loved ones dying.

Being at home helps calm me, but also gives my brain time to worry.

I see people who suffer more than me and decide I don't have it that bad.

I dig deep and find the good. It was buried but it was still there.

I need to be the voice for others who have it worse than me.

Everyone is important.

So I rise above the voices and find the hero inside of me.

We all have a hero inside of us.

Whose voice will you be?