

## Body

**Rachael Erickson**

Most days it's exhausting living in this body.  
In this skin, with these bones, and a heavy heart.  
My days drag on as my body drags me through the mud and pins me up  
against cold walls in dark rooms.  
Where my thoughts conjure up ways to keep me spinning in circles.  
I'm tired of its inconsistencies and failures.  
I'm tired of being tired, and lacking energy for reasons I have yet to un-  
derstand.  
It's broken and I'm reaching out, asking to be fixed.  
Does anyone know the cure for the unknown look-alike cancer called anx-  
iety?

**Rachael Erickson** is a senior majoring in communications with a minor in leadership. In her free time, she loves being outside, whether that's hiking or going on walks with friends. She enjoys being involved in her campus ministry Chi Alpha, leading and discipling women in their faith. Her passion for writing lies in writing poetry pieces about mental health in hopes that others will feel less isolated in their journeys.