

Laughter is the Best Medicine

Just make it a joke, it lessens the blow
If I laugh at what I can't control
To make it all more comfortable-
Digestible. Not just for them,
But also for the young girl
Who could not grasp the power it would hold.

She did not know any other life but this.
But still she found the need to laugh,
At first out of duty for others,
But as the years passed, duty became habit
And habit became a constant-
A safety blanket to protect conclusion jumpers
And doom scrollers looking for a cause.

She also did this to protect herself,
Feeling like a fraud for not being 'sick'
In every convoluted sense of the word.
She laughed because she was not the norm,
Like the patients Internet doctors promote
Or movies profit from.
And that was funny to her.

So she laughed and will continue to
Because it is easier than dwelling
On explanations and unknowns,
Expectations and furthermore.
Just make it a joke, it lessens the blow.