

Panic Attack

Michelle Green

In through the nostrils out through the mouth
Breathe breathe breathe

Shake your hands you can beat this
Pounding pounding pounding

in your chest

Don't keep looking out the window it's too tempting
and besides—
you are on the fourth floor.

Okay, if you have to leave the room
only for a moment. Go out the *door*.

down the hall

splash your face
Look at yourself in the mirror the water
dripping dripping dripping

mingling with the sweat from your hot flashes

the drops hit the floor

You can beat this you can beat this—

Run, quickly, to the nearest stall before
you puke on the floor

no one ever died from retching (right?)
feel the cool porcelain on your cheek