

## **Motherhood**

Need to pump to stop the pain  
Can't keep crying again and again  
Baby blues? Or something more?  
Way harder than I thought before  
I love my boy, but I am lost  
I'm newer now, but at what cost?  
Anxiety is worse than ever  
Intrusive thoughts are oh so clever  
I mourn my old self for what I was  
But I'm so glad of this --because  
I have my perfect, little boy  
Who brings me endless amounts of joy  
It's hard to cope with this new role  
And how it takes a wicked toll  
On my body and my soul  
But this is what I've waited for  
All these changes I can't ignore  
The struggle between happiness and sadness  
When I should feel lucky, and full of gladness  
For others dream of what I've got  
But that doesn't help me out a lot  
Back to work and back to life  
But still a mom and a wife  
Make sure to eat, but lose weight too  
It's hard to juggle without feeling blue  
My baby needs me, so I must go  
It's hard sometimes, but you'd never know  
-Jennalee Smith