

# Laugh

They say that laughter is the best medicine  
They say that laughter is contagious  
They say that laughter is strength

And so, I laugh

I laugh because my best friend is dancing around  
the kitchen for no reason and her “signature move” is ridiculous  
I laugh because my mother makes a joke about her failing health  
and I don’t want her to know how worried I am

I laugh because I’m the only person I know who can injure themselves  
while walking across an empty room  
I laugh because I don’t know how else to respond to the searing pain  
that courses through my broken and bleeding body

I laugh because it’s fun

I laugh because it hides the pain  
I laugh because it brings joy

I laugh because it’s easier than experiencing real emotion  
I laugh because I would rather barricade myself away  
in a fortress of laughter, than drown in a river of tears

—*Rosa Ubaldo*