

Sometimes heroes are everywhere

By Liz Geuken

Sometimes getting out of bed when all you want to do is
huddle under the duvet, comfort yourself with apples,
snuggle up to something warm and cosy;

painting on a smile when you feel like crying
so that your loved ones don't fret, hiding the tears and pretending all is well;

stepping out of the house when all you want to do
is lock the doors and windows against the hostile world
and hope it will all go away;

walking the crowded streets without running back home
talking to a lonely neighbour when all you want to do
is be alone and silent and not talk to anyone;

asking for help when you need it instead of bottling it up
pretending it will go away if you ignore it long enough:

sometimes these things are the hardest to do.

Sometimes just getting out of bed, facing up to another day,
painting on a smile, stepping out of the house,
walking the crowded streets, talking to a lonely neighbour,
asking for help:

sometimes heroes walk among us unnoticed.