

# Jogging

Richard Dawson

Recently I've been struggling with anxiety  
To the point I find it hard to leave the flat  
The days drain away, scouring eBay  
Or looking on Zoopla at houses where I'll never live

I know I must be paranoid  
But every time I get the bus  
I feel the many pairs of eyes  
Weighing up my person surreptitiously

I was offered and took voluntary redundancy  
From my role as counsellor at St. Cecilia's secondary school  
So I went back freelance as a graphic designer  
Business is ok but I miss working with the young folk

I know I must be paranoid  
When I pick up the groceries  
One of the girls who works the check-out  
Tuts under her breath and it destroys me for a week

Dr. Shen prescribed me beta-blockers  
And recommended taking daily exercise  
So I've started jogging  
To my own great surprise  
Hundreds of miles going nowhere

I know I must be paranoid  
This morning in memorial park

I thought I caught a busker  
Sneak an ugly word into "Wonderwall" as I went by

Jogging, jogging, I'm jogging, jogging  
Jogging, jogging, jogging, jogging  
Jogging, jogging, I'm jogging, jogging  
Jogging

There's a Kurdish family on the ground floor  
Had a brick put through their kitchen window  
The police know who did this, still they do nothing  
It's lonely up here in Middle-England

I know I must be paranoid  
But I feel the atmosphere  
'Round here is growing nastier  
People don't smile anymore  
There's no such thing as a quick-fix  
But jogging has provided me  
A base on which to mould my time  
And let my worries go a while  
I know I must be paranoid  
But I feel the atmosphere  
'Round here is growing nastier  
People don't care anymore  
Would you like to sponsor me  
For running the London Marathon?  
Though it's really daunting

We're aiming to raise a thousand pounds for the British Red Cross