run a mile
jump a leap
scream a screach
crush a squeeze,
hide and peek.
forget yourself
disappear.
picture a pain
plan a dream
take a shower
soap a sud
rub and scrub.
shake a bottle
upside down
have a drink
on the house.
get laughed
throw a feel
cemented
out of your head.
put on pyjamas
inside out
throw a pillow
on the couch
then think
dozing off to sleep ...