

Anxiety

Between yesterday & today
I'm always anxious
What is anxiety?
Little things are jumping
In my stomach
like a kangaroo or
someone on a spring,
jump, jump, jump

Getting comfortable is difficult
Like watching a cat going in circles
To find a cozy place to lay.

Anxiety takes me a lot of places
I jump from one thought or
feeling to another.
My emotions go for a ride on
a rollercoaster. My thoughts race.

An abundance of energy
overtakes me. Butterflies are moving
all around my stomach with no intent
of stopping. What do I do?

I move about to get relief, then
I take a little orange pill called Klonopin.
I start to calm down & sometimes
I gain peace & am able to relax.

By Jackie