

Anxiety is a poem written with the desire of educating in mind. The ideal of this poem is to take someone through the mindset of an anxiety attack. As someone who is familiar with the weight of worry, I've learned that the issue of awareness isn't carelessness but ignorance. Unfortunately, mental illnesses are not simple to explain, but an attempt is greater than nothingness. I present you with my poem Anxiety.

Anxiety

Thoughts,	What is believe?	Fear,	Terror,
Those which wander.	Lack belief,	Those which –	Those which hurt.
Think.	And lack sleep.	Breathe.	Pain.
Wander,	Sleep,	Think	Hurt,
Those which dream.	Those which are dead.	Lack	Those which heart.
Think.	Breathe.	Breathe.	Pain,
			Those which breathe.
Dream,	Dead,	Breathe,	
Those which hope.	Those who wish to be.	Those which can't.	Breathe
Think.	Breathe.	Pain.	Breathe
			Breathe
Hope,	To be,	Can't,	
Those which love.	Those which wonder.	Those who hide.	Is that perhaps,
Think.	Breathe.	Pain.	What lacks...?
Love,	Wonder,	Hide,	
Those which believe.	Those which fear.	Those which terror.	
Think.	Breathe.	Pain.	