

The Attack

In the depths of my mind
Anxiety resides
A whirlwind of worry
Where peace subsides
Heart racing, breathing shallow
Thoughts running wild
Anxiety grips tight
Like a frightened child

But fear not dear friend
for you are not alone
in this battle with anxiety
strength will be shown
Take a deep breath
let it calm your soul
Remember, within you
you have the power to control

Embrace self-care
find solace in the small
A gentle touch, a warm cup
conquer it all
Reach out to loved ones
let them lend a hand
Their support and understanding
a comforting band

In time, anxiety
will loosen its hold
as resilience and courage
begin to unfold
You are stronger
than you know, my dear
Anxiety may linger
but you have nothing to fear

so take a step forward
with hope as your guide
know that brighter days await
on the other side
you're not defined by anxiety
it's just a part
you are brave, you are strong
with a resilient heart.