

I'm Not Anxious Poem

I'm not anxious

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Okay maybe I am a bit anxious
Possibly
Just slightly I don't really know
Time to dig up my worry tree before the anxiety grows
I have noticed the worry
I feel it in my body and mind
I can do something about it
Plan and make some time
Pause

Write a poem on my phone
I am a lot less anxious
when I am aware of it and not leaving it alone

I'm not anxious

Help Sheet

To complete your own I'm Not Anxious poem, you will need to think about describing the possible signs of anxiety. Here are some examples below.

The symptoms of anxiety

You might start out just feeling generally anxious, but if your symptoms get worse or last longer than they should, it could be time to get some support.

Symptoms include:

- feeling nervous, on edge, or panicky all the time
- feeling overwhelmed or full of dread
- feeling out of control
- having trouble sleeping
- low appetite
- finding it difficult to concentrate
- feeling tired and grumpy
- heart beating really fast or thinking you're having a heart attack
- having a dry mouth
- trembling, or having wobbly legs
- feeling faint
- stomach cramps and/ or needing to go toilet more often
- sweating more than usual
- getting very hot

Source: YoungMinds.org.uk

Extension

You could try and be more creative with your description by using poetic techniques like similes and metaphors. For example:

"I am just feeling out of control like a shaken cola bottle" or
"The drums are just beating fast, it's the orchestra in my mind"