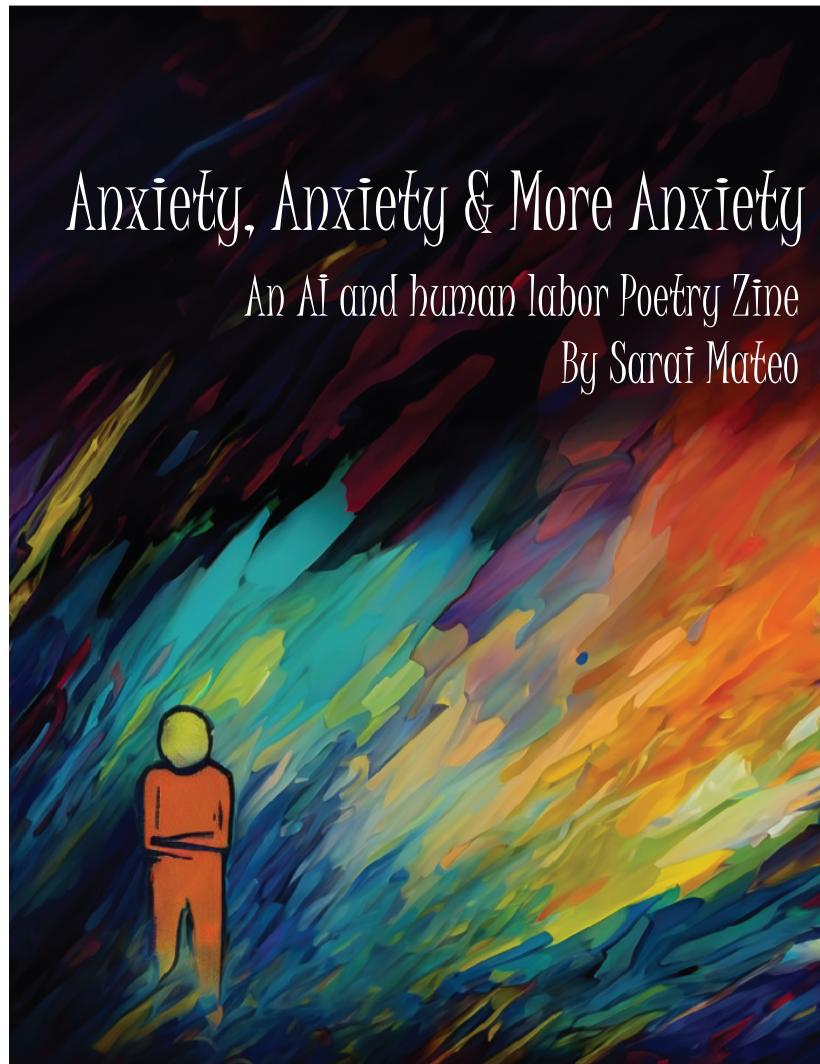
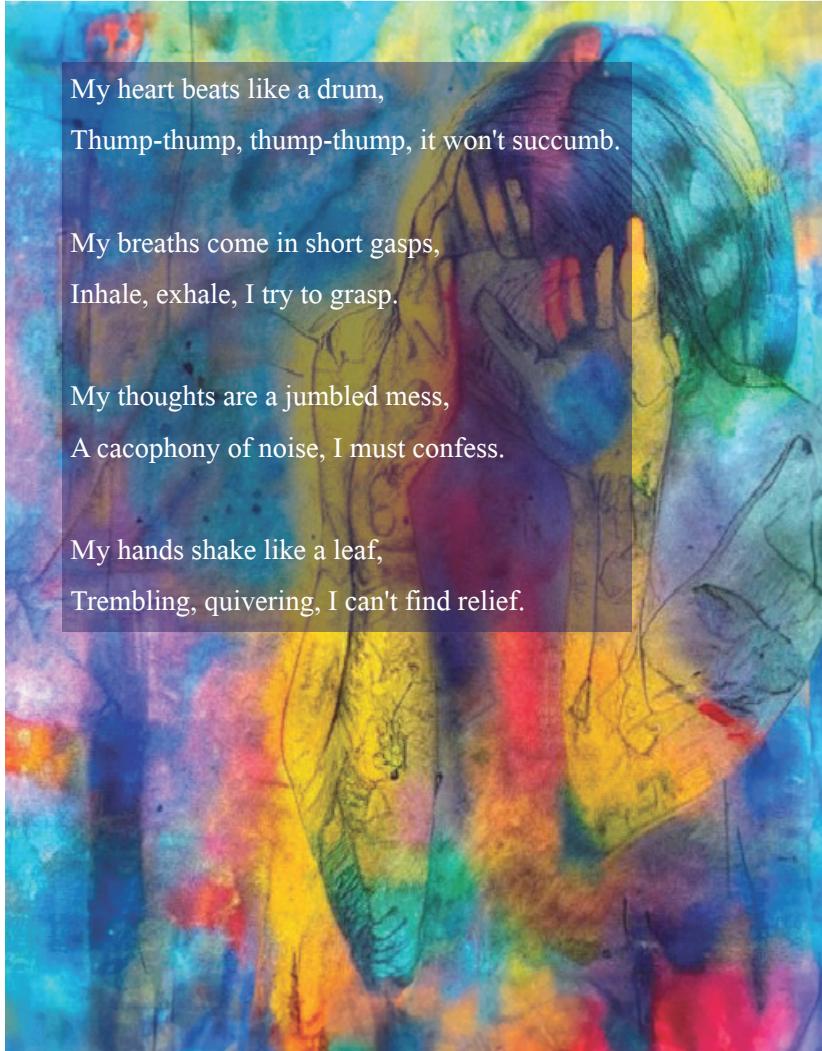


Anxiety, Anxiety & More Anxiety

An AI and human labor Poetry Zine
By Sarai Mateo



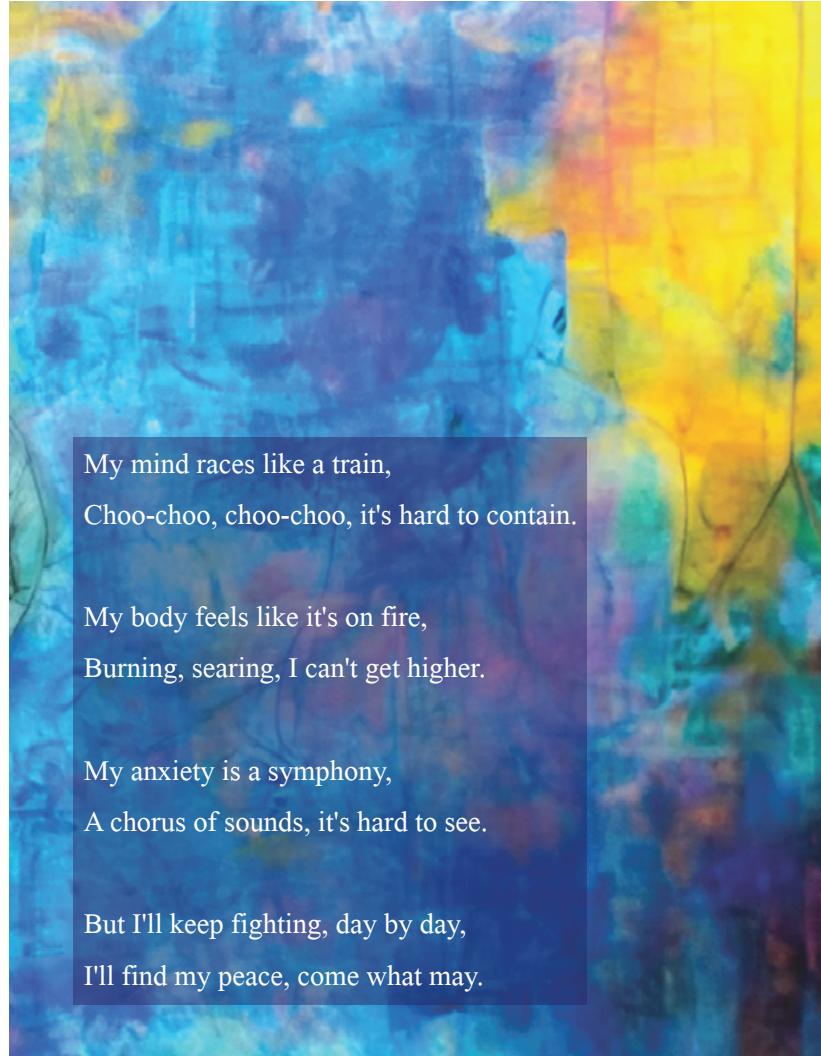


My heart beats like a drum,
Thump-thump, thump-thump, it won't succumb.

My breaths come in short gasps,
Inhale, exhale, I try to grasp.

My thoughts are a jumbled mess,
A cacophony of noise, I must confess.

My hands shake like a leaf,
Trembling, quivering, I can't find relief.

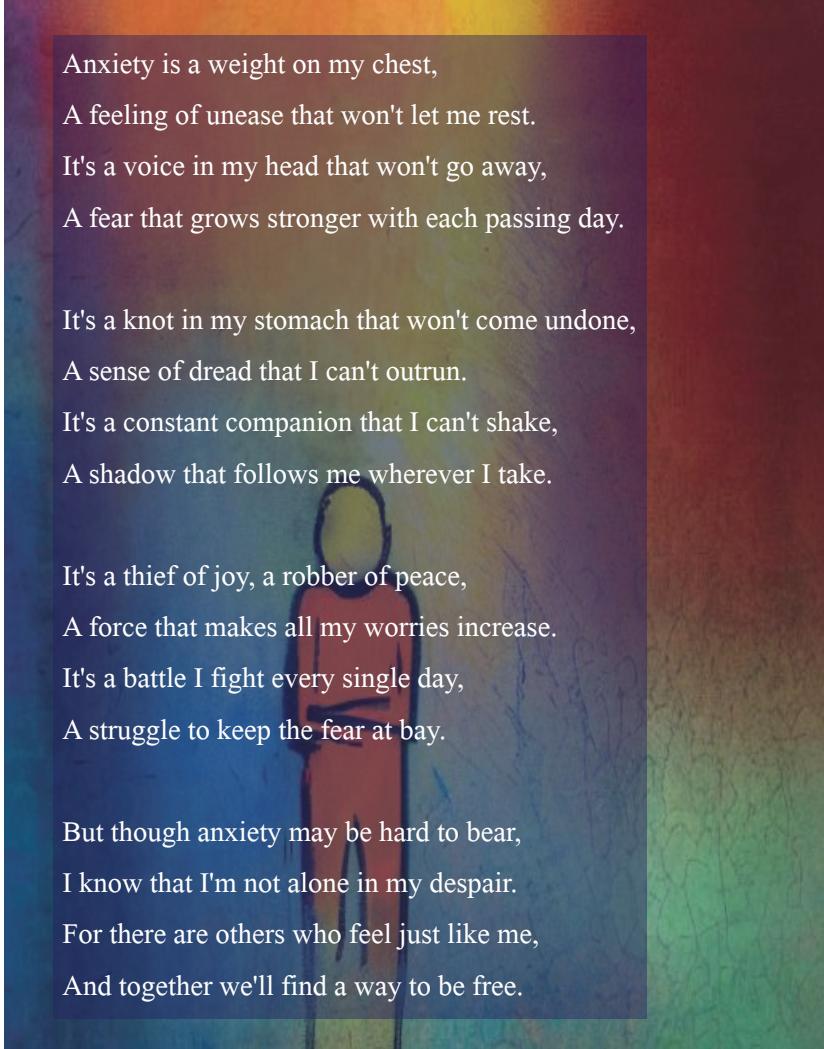


My mind races like a train,
Choo-choo, choo-choo, it's hard to contain.

My body feels like it's on fire,
Burning, searing, I can't get higher.

My anxiety is a symphony,
A chorus of sounds, it's hard to see.

But I'll keep fighting, day by day,
I'll find my peace, come what may.

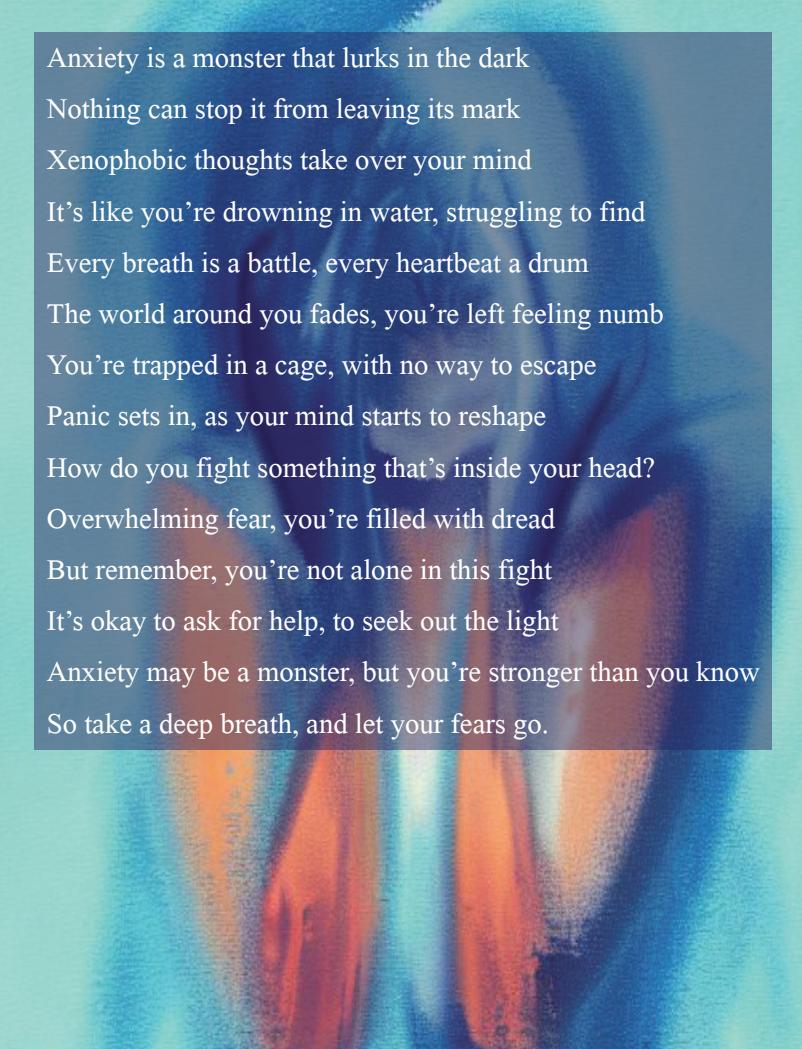


Anxiety is a weight on my chest,
A feeling of unease that won't let me rest.
It's a voice in my head that won't go away,
A fear that grows stronger with each passing day.

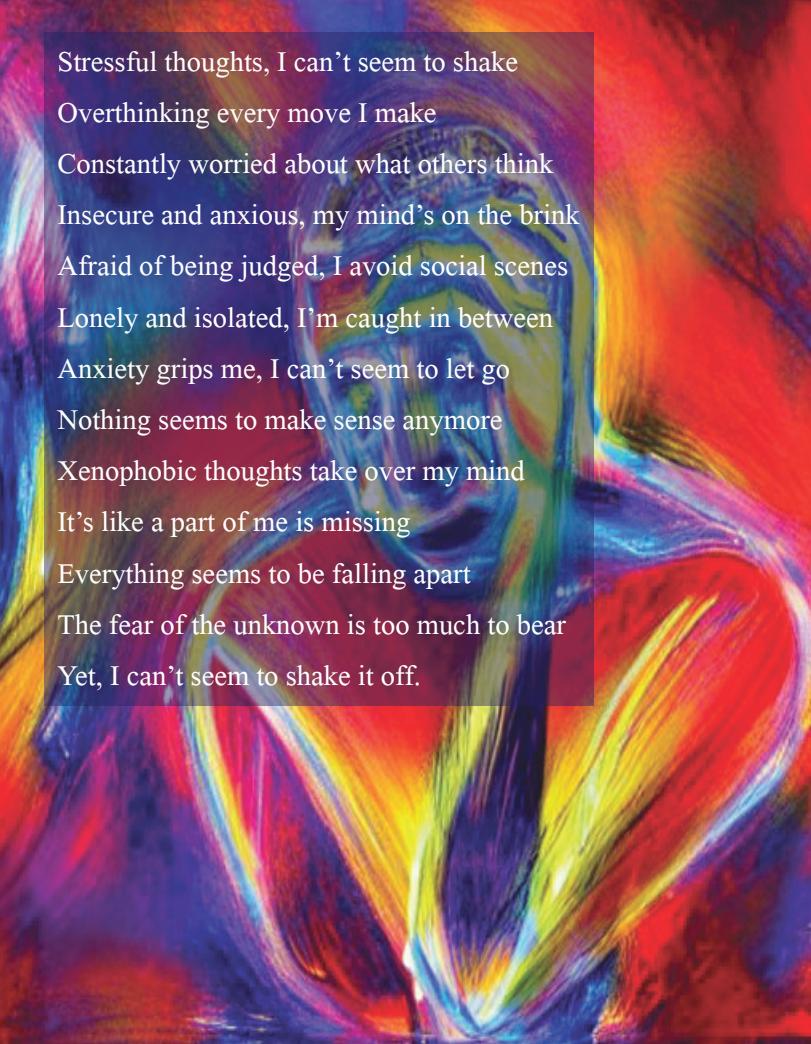
It's a knot in my stomach that won't come undone,
A sense of dread that I can't outrun.
It's a constant companion that I can't shake,
A shadow that follows me wherever I take.

It's a thief of joy, a robber of peace,
A force that makes all my worries increase.
It's a battle I fight every single day,
A struggle to keep the fear at bay.

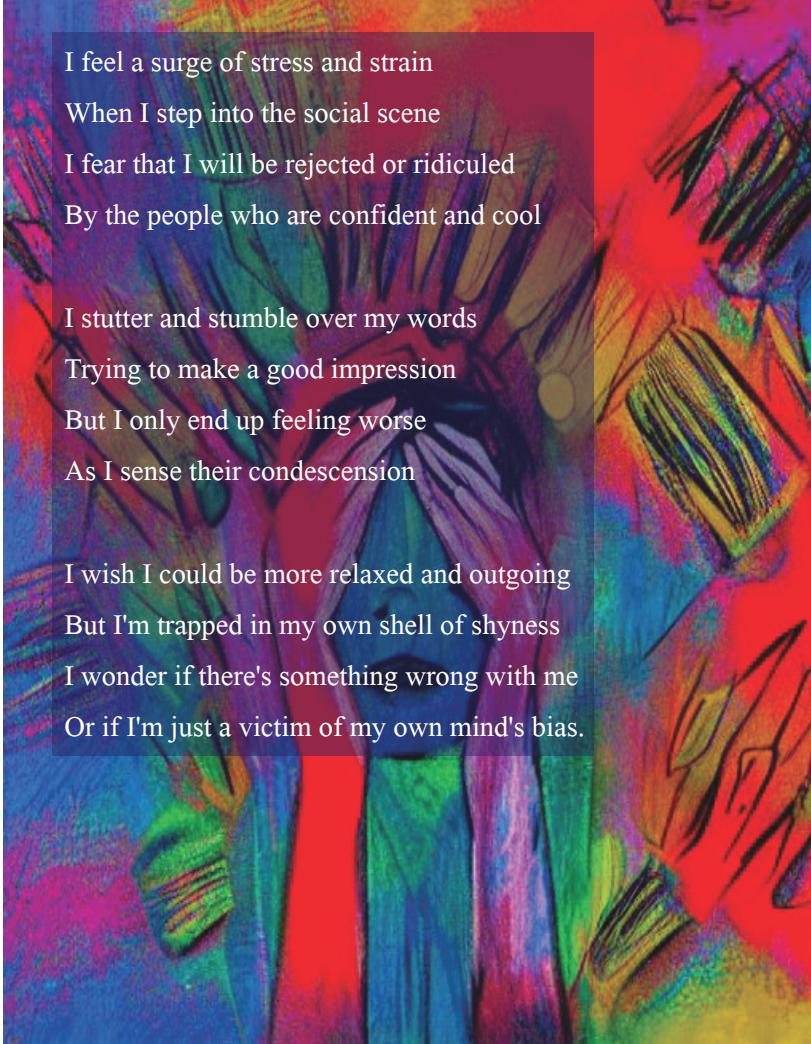
But though anxiety may be hard to bear,
I know that I'm not alone in my despair.
For there are others who feel just like me,
And together we'll find a way to be free.



Anxiety is a monster that lurks in the dark
Nothing can stop it from leaving its mark
Xenophobic thoughts take over your mind
It's like you're drowning in water, struggling to find
Every breath is a battle, every heartbeat a drum
The world around you fades, you're left feeling numb
You're trapped in a cage, with no way to escape
Panic sets in, as your mind starts to reshape
How do you fight something that's inside your head?
Overwhelming fear, you're filled with dread
But remember, you're not alone in this fight
It's okay to ask for help, to seek out the light
Anxiety may be a monster, but you're stronger than you know
So take a deep breath, and let your fears go.



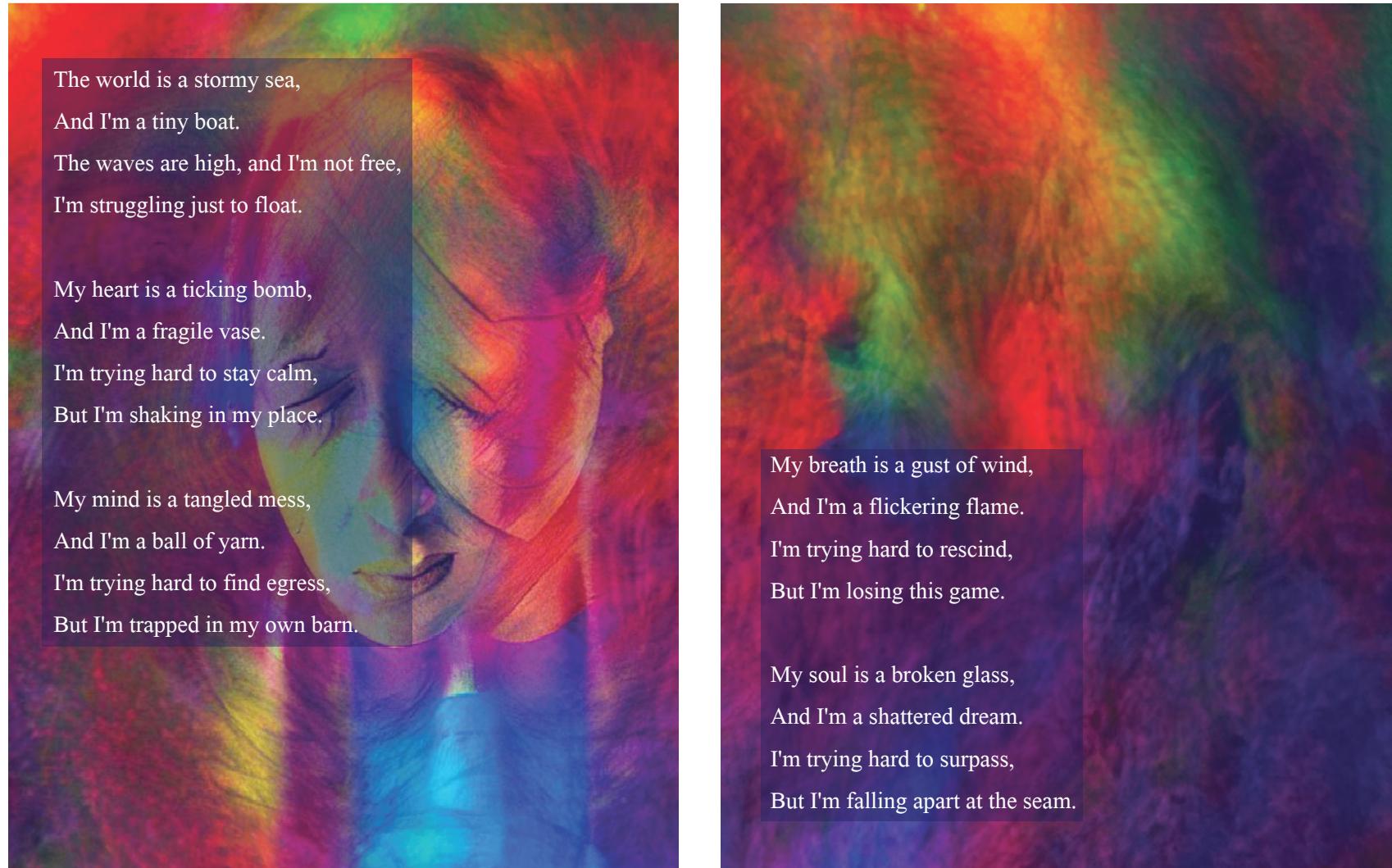
Stressful thoughts, I can't seem to shake
Overthinking every move I make
Constantly worried about what others think
Insecure and anxious, my mind's on the brink
Afraid of being judged, I avoid social scenes
Lonely and isolated, I'm caught in between
Anxiety grips me, I can't seem to let go
Nothing seems to make sense anymore
Xenophobic thoughts take over my mind
It's like a part of me is missing
Everything seems to be falling apart
The fear of the unknown is too much to bear
Yet, I can't seem to shake it off.



I feel a surge of stress and strain
When I step into the social scene
I fear that I will be rejected or ridiculed
By the people who are confident and cool

I stutter and stumble over my words
Trying to make a good impression
But I only end up feeling worse
As I sense their condescension

I wish I could be more relaxed and outgoing
But I'm trapped in my own shell of shyness
I wonder if there's something wrong with me
Or if I'm just a victim of my own mind's bias.



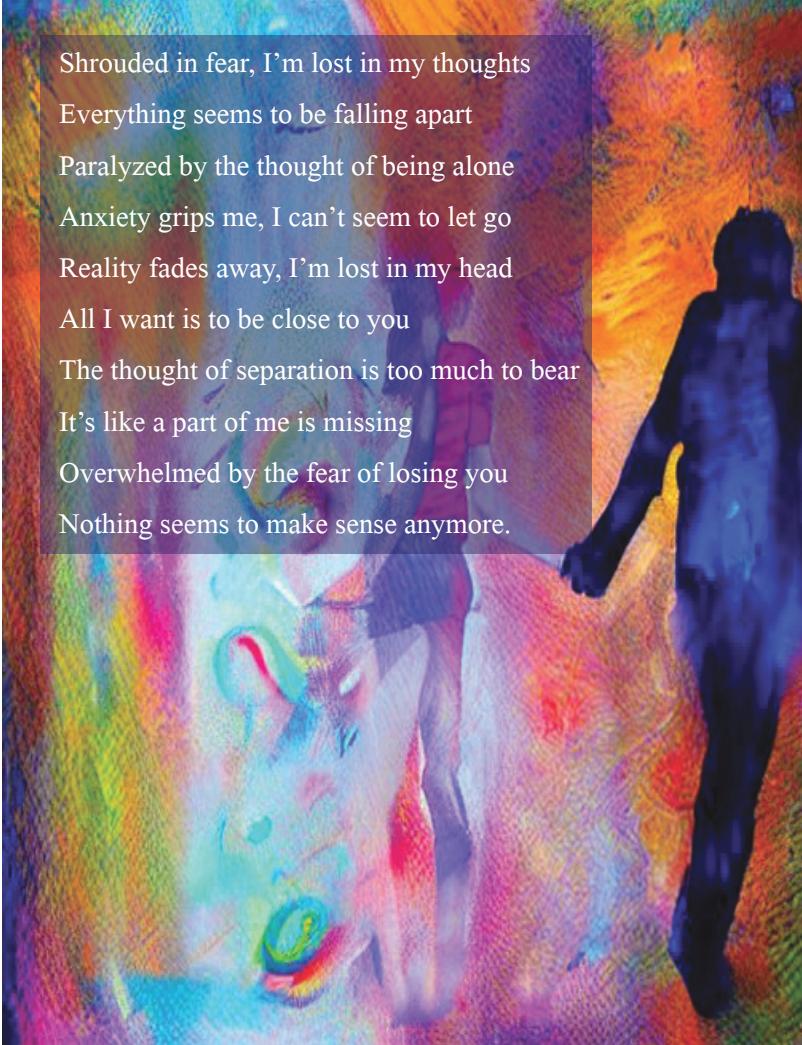
The world is a stormy sea,
And I'm a tiny boat.
The waves are high, and I'm not free,
I'm struggling just to float.

My heart is a ticking bomb,
And I'm a fragile vase.
I'm trying hard to stay calm,
But I'm shaking in my place.

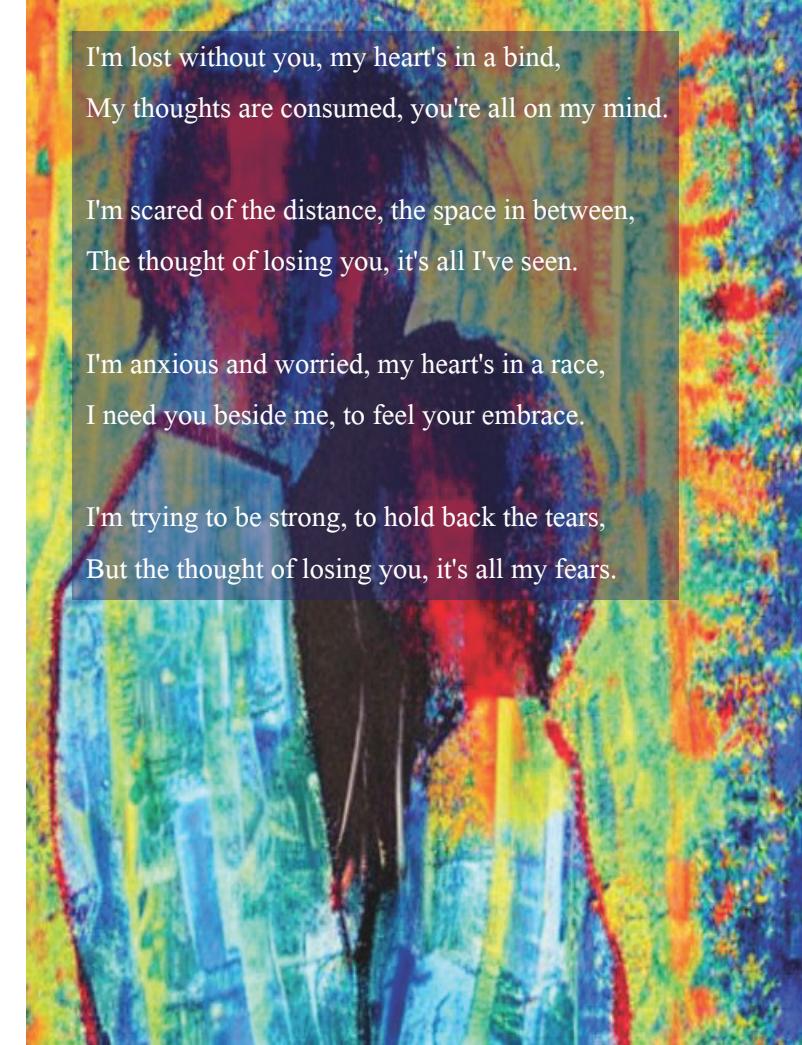
My mind is a tangled mess,
And I'm a ball of yarn.
I'm trying hard to find egress,
But I'm trapped in my own barn.

My breath is a gust of wind,
And I'm a flickering flame.
I'm trying hard to rescind,
But I'm losing this game.

My soul is a broken glass,
And I'm a shattered dream.
I'm trying hard to surpass,
But I'm falling apart at the seam.



Shrouded in fear, I'm lost in my thoughts
Everything seems to be falling apart
Paralyzed by the thought of being alone
Anxiety grips me, I can't seem to let go
Reality fades away, I'm lost in my head
All I want is to be close to you
The thought of separation is too much to bear
It's like a part of me is missing
Overwhelmed by the fear of losing you
Nothing seems to make sense anymore.

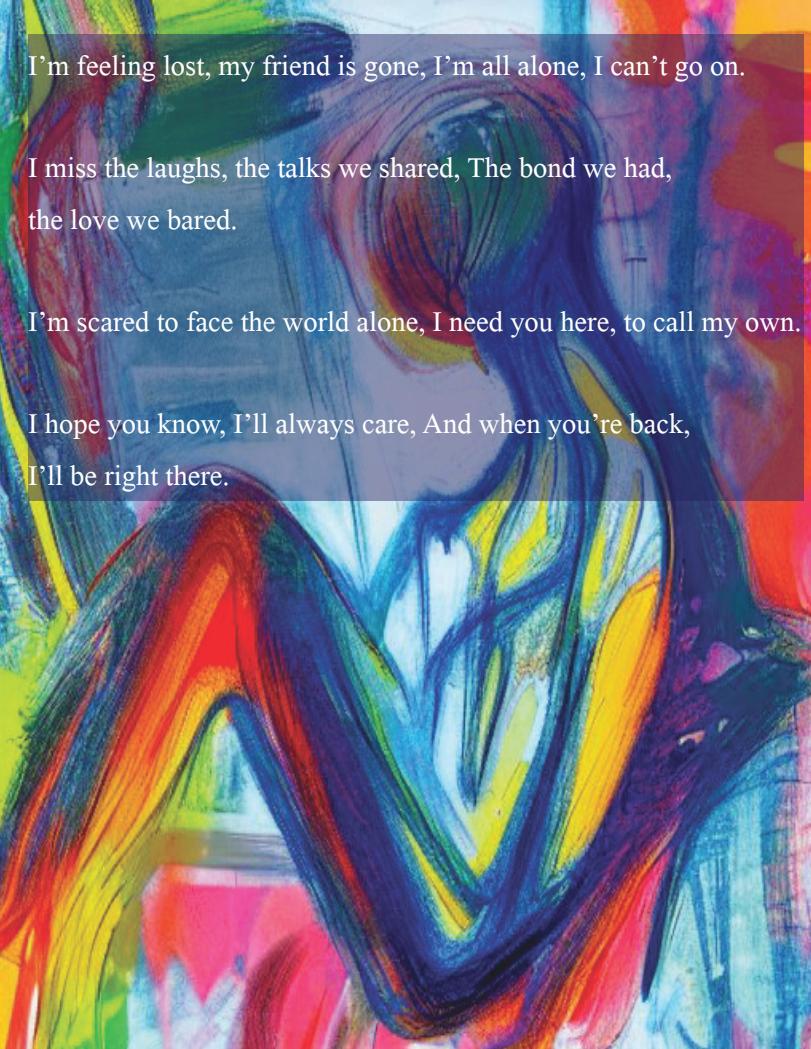


I'm lost without you, my heart's in a bind,
My thoughts are consumed, you're all on my mind.

I'm scared of the distance, the space in between,
The thought of losing you, it's all I've seen.

I'm anxious and worried, my heart's in a race,
I need you beside me, to feel your embrace.

I'm trying to be strong, to hold back the tears,
But the thought of losing you, it's all my fears.

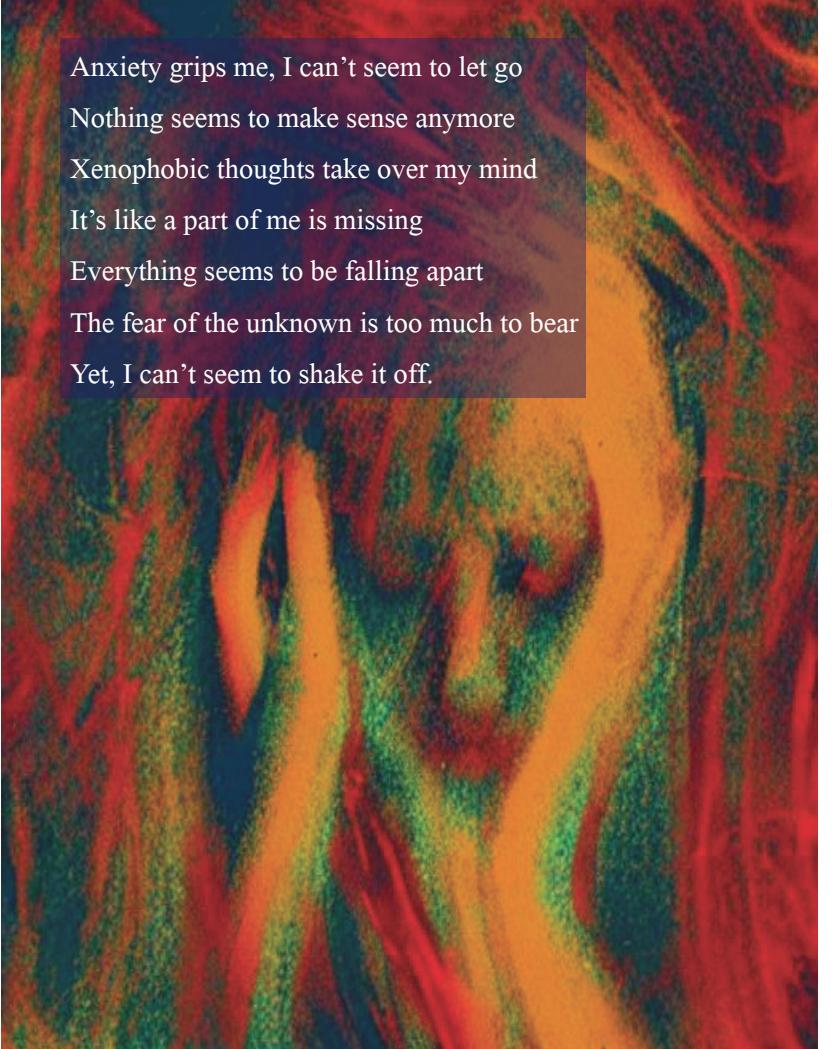


I'm feeling lost, my friend is gone, I'm all alone, I can't go on.

I miss the laughs, the talks we shared, The bond we had,
the love we bared.

I'm scared to face the world alone, I need you here, to call my own.

I hope you know, I'll always care, And when you're back,
I'll be right there.



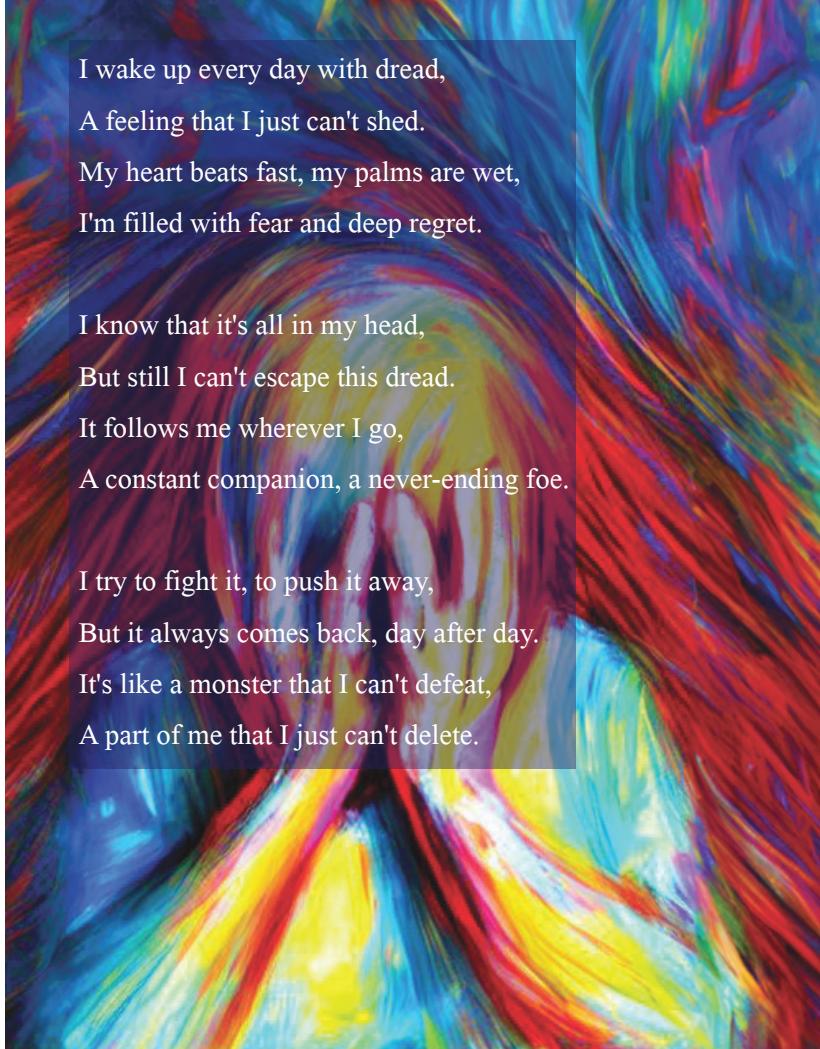
Anxiety grips me, I can't seem to let go

Nothing seems to make sense anymore
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It's like a part of me is missing

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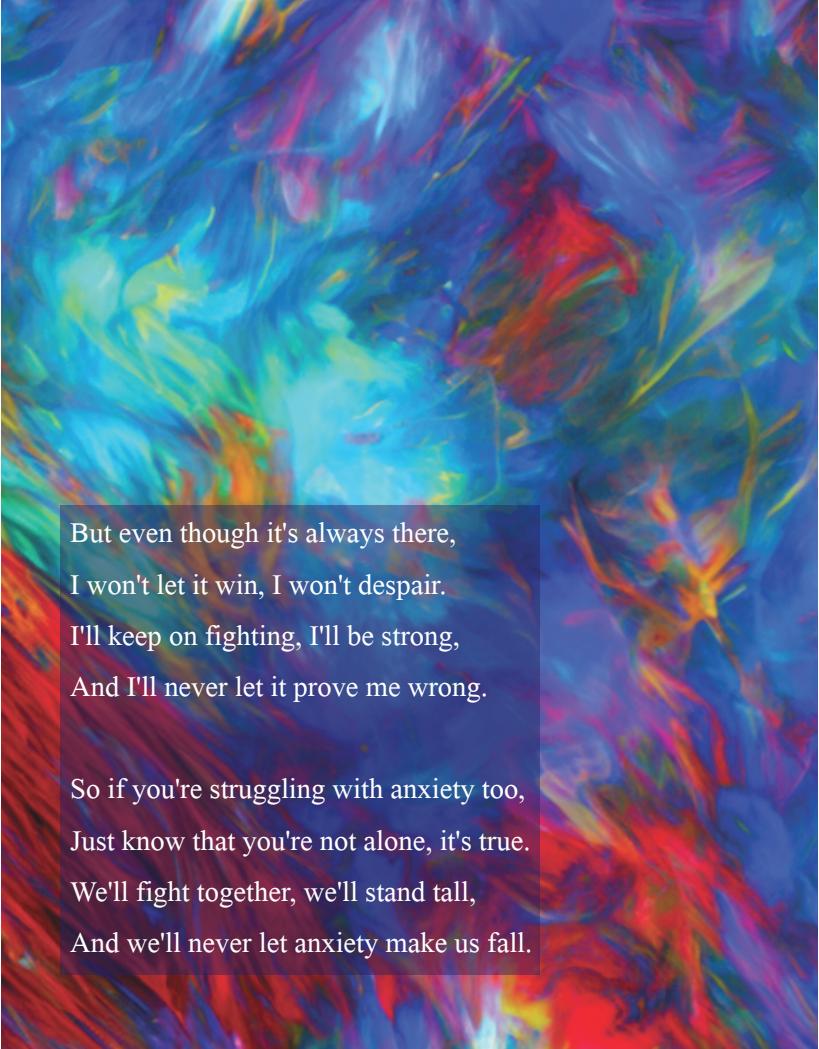
The fear of the unknown is too much to bear
Yet, I can't seem to shake it off.



I wake up every day with dread,
A feeling that I just can't shed.
My heart beats fast, my palms are wet,
I'm filled with fear and deep regret.

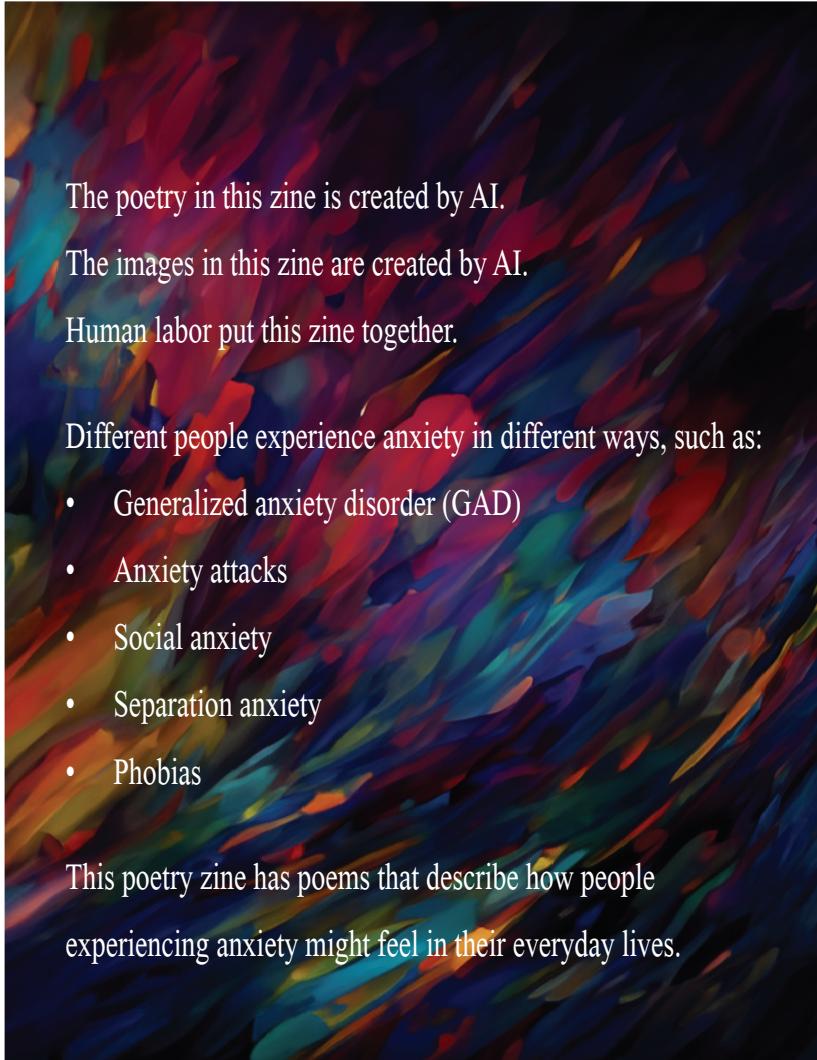
I know that it's all in my head,
But still I can't escape this dread.
It follows me wherever I go,
A constant companion, a never-ending foe.

I try to fight it, to push it away,
But it always comes back, day after day.
It's like a monster that I can't defeat,
A part of me that I just can't delete.



But even though it's always there,
I won't let it win, I won't despair.
I'll keep on fighting, I'll be strong,
And I'll never let it prove me wrong.

So if you're struggling with anxiety too,
Just know that you're not alone, it's true.
We'll fight together, we'll stand tall,
And we'll never let anxiety make us fall.



The poetry in this zine is created by AI.

The images in this zine are created by AI.

Human labor put this zine together.

Different people experience anxiety in different ways, such as:

- Generalized anxiety disorder (GAD)
- Anxiety attacks
- Social anxiety
- Separation anxiety
- Phobias

This poetry zine has poems that describe how people experiencing anxiety might feel in their everyday lives.