

Flit

Anxiety:

Loud and Busy.

Small and sneaky.

Pulling rugs,

When you least expect.

Un-settling-

Un-achieving-

Over-thinking-

Hungry-but-not.

Probably, should eat...

Really, should sleep...

-Can't do both together!

Why not?

Must start doing-

-Be proactive-

(Drink less coffee)

And talk about it!

But right now:

I'll flit-

Until it-

Calms down.