

Quarantine

Week 1

Not doing too bad, hope for the future

Feeling okay in myself,

Went for a walk but tried to avoid people,

Checking on family and friends to see how there doing,

Binging Netflix, life isn't too bad

Week 2

Feeling anxious but I'm okay

Going to do my shopping but telling people to step back,

People are not following the rules

Nobody is taking it seriously,

But I'm still not doing too bad,

Week 3

Not doing too good, finding it hard to keep distracted

Too anxious to go out, only going out if I must,

Can't concentrate on anything, not enjoying this,

Struggling with my own mind

Feeling hopeless

Week 4

I am far from alright

I don't know what to do, intrusive thoughts killing me

Trapped and stuck, feeling suffocated

Trying to battle these demons but I am losing

Wish someone would come and save me.



Week 5

I can't stand this anymore it physically hurts,

I feel broken and defeated, I feel so alone

I pray this nightmare will be over soon,

I'm out of control, I want to be able to go out without any fear

I am all alone, battling with myself.