

How important it is to know what we want,

And to realise that stress is definitely nothing to shunt;

Life is A puzzle just waiting to be solved,

Like when you stress something and you want it resolved,

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Now I'm not going to harp on the reasons or cause,

As if waiting on the sound of an audience applause;

For stress is not A character to be taken so lightly,

Because you must stay on top of it and do it just rightly.

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Stress is a kind of struggling with two separate ideas,

Trying to form an opinion and then conflict appears;

The answer to stress should be relatively simple,

And can be cleared up as easily as a blemish or pimple.

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The nature of stress is something we must understand,

For stress can be magic and stress can be grand;

You must put across that point on your mind,

And that can be stressful and not very kind.

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I find that writing this down is a way to relieve my stress,

And hopefully I'm not getting into too much of a mess;

I've found that with tension it goes its own way,

Like the weather and people you meet every day.

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Now stress is what drives us to drink and to death,

But a little is healthy to think and take breath;

So don't build up your worries into mountains of stress,

But seek out what's true and what you need to confess.

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Signed,

Less stress.