

Anxiety Session

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file@papyruscollective Group



Anxiety Session

sa = STRAIGHT ALly
 g = GAY
 t-girl = Transgender

Friday, July, 2023

Sound Mind Company Session #3.

Facilitator, Rosas-RT

Location, San Quentin Hosp. Group Rm #3.

Customary Meditation = 5 mins

Short video suggestive on labels, introductions and considering simply moving on after unintended misgendering of others. Very insightful video and discussion that compared the actions with

The session began with Miss Robinson (t-girl), under the accompaniment of an ethno-graphic Type Beat titled Brother, recited another of her original works dedicated to a set of Brothers in her family that came to physical blows after continuous stigmatizations.

Foreseen by an Aunt, the physical battle ended with an obvious loser on both sides due to mutual betrayals of the sacredness of Brotherhood, Mental Health dysfunctionality.

The youngest person on Death Row, Desmond (sa) asked Floyd (g) read an introspective poem, Desmond (sa), titled Anxiety. The flowing TYPE Beat of the same name added a spiritual nuance to Desmonds (sa) words. (see page 4 of 4)

This poem drew an extensive conversation where EVERY group member commented about the Mental Health needs of those experiencing anxiety in real time, like what words if any, can be used to calm a crisis moment, and while each member chimed in on individual needs, Franky (sa) began to aggressively yell, "Alright now everybody Calm down" in anxious repetition, the group broke into a collective laughing fit of euphoric outburst to the recognition of movies, and scenes where the most anxious person in the movie starts yelling for everybody else to Calm down. A classic moment that settled the anxious session with feelings of wellbeing.

A very serious tone came when Desmond (sa) highlighted a portion of his work that exposed the fact that some people mistakenly show up to a crisis situation claiming an individual is "Just wanting attention", and how that generational statement of ignorance makes light of what is most often a very serious crisis to the individual, and by default exacerbates the active crisis, which can devolve into thoughts and actions of suicide.

Franky (sa) performed a love spoken work over the most perfect AMOROUS Type Beat. The storyline landed on the group in commonality, as LGBTQ Relationships experience the exact same situational conditions Franky (sa) flowed in his Heterosexual descriptive work. It was one of the most insightful moments in the session based on different communities realizing that sexual orientation plays no role in the manner for which relationships between people manifest and unfold.

Floyd (g) recited a work titled Parallaxoi as the music and video version scrolled on the 40" television screen in the session room. The vulnerable introspective drew questions from the group about HOW the message was produced and formatted to video. Floyd (g) explained the process, and told the group "This is why we created this program, so that all of you can see in real time how your works will be presented and used for individual projects and short gifts for loved ones, taking the concept of work, and service to others to a new level in incarcerative mentorship, rehabilitative and innovative programming."

The group was excited about the ideations of words consolidated with actions serves the critical needs of all parties involved. And then it happened, what appeared in the beginning as stage flight for Desmond (sa) was defeated by an impromptu singing outburst that drew congratulatory applause from the group as this space was created for, freedom of expression.

Anxiety

by, Desmond Stevenson

The feeling of anxiety, is a feeling that's never pleasant. For the thoughts of uncertainty that creeps and arises, gives disturbance to the mind making us feel there may really be a negative possibility that the stress we're experiencing give us a pest

Causing the heart to speed up, forcing us to lose our breath and possibly pushing us to panic, creating a panic attack that slows our heart down feeling like it'll stop, piling more uncertainty on our brain making it feel like it's going to pop.

So, to people who have to deal with these individuals who go through these attacks, it's uncontrollable, so start by telling them pleasant things, because love and guidance should be able to pull them back into genuine reality because this we can't focus on when our minds are being attacked and that's a fact.

Anxiety, I say anxiety are attacks many can't handle and without someone being there to help control it, I promise their lives will begin to burn faster than a candle.

So I tell you, don't think we just want attention, because for certain people, we really do need it,

so I'm telling you it's really not a scandal. Now before I go, I must tell you, for those who have these problems and you don't know how to deal with them can and will most definitely be too much for you to handle, but I gave you a start, so make sure you mark it down on your chart.

- Desmond Stevenson (sa)