

Chapter 1 : Long Cinquain Poems

Thoughts(Cinquain) by Zubiya www.nxgvision.com mind needs a shelter runs helter and skelter from the fierce and raging storm of thoughts. More thoughts of yesterday some of the coming day.

I need to clear my head of these constant roller coaster emotions. Today was just one of those days I was smiling from ear to ear and then in a sudden instant a trigger happened that caused me to be somewhat depressive. Triggers are just that. A thought or emotion can trigger a reaction in your brain that can cause many different emotions. Losing a loved one can cause sadness, grief, hurt, or in some cases depression. Gaining someone in your life after 26 years can trigger so many different emotions. Sorry brain went flat as I was caught up in happiness. So for me so many things can cause a trigger in me to cause me so many different thoughts, actions, feelings, and moods. Today so many triggers happened all within a span of just a few hours that set my world in an uncontrollable spin. This caused so anxiety and some serious depression. Been this way my entire life. Over reactions can cause fights, death, lies, bad decisions, among a few things that can occur. How do you fight off over reacting? Well I was taught to think. Think before speaking or showing an action. Assume the worst in every decision you make. Wow I wish I could live by that. Sometimes my honesty can cause the loss of a great friend or even a spouse. Lying is never the better alternative. So right now I am lost by my own triggers. Someone special came back into my life after 26 years. I have been like a child the past 3 days smiling from ear to ear. Waiting for my phone to ding from an email or ring from a phone call. At one point in my day I became extremely depressed and the happiness went away. I thought to myself what triggered it? Then I figured it out and felt as stupid as could be, what is it? So, through my life this trigger has happened a lot. In my past this trigger would cause a suicide attempt. First time I was 16 years old. I took bottle of Advil and went to bed, Woke up feeling old and walked very slow. When I was 19 I snorted comet and drank cleaning fluids thinking it would kill me. When I was 31 I took a bunch of prescribed medication given to me by someone else to help me sleep. I fought hard that night just to go to sleep and I still woke up. Again, feeling old and walking slow. I was saved by someone I was trying to escape from. Why do I tell you these personal things about my life? Because depression is caused by triggers. You just have to beat the triggers and learn how to deal with them. I now write every time I have a trigger. But today was a trigger none the less as to why I am writing about them. So if you are depressive like myself please figure out what your trigger is. You can beat your trigger. But as long as I am here on Earth I have those who love me and depend on me to be stronger then any trigger. I am a dad, a brother, an uncle, a friend, a grandfather, and most of all Gods child meant to live out His purpose. What ever that is. May His angels watch over you as you sleep, as you wake, and as you live every second of your life. Reach up and grab it. Make a wish, say a prayer, and may all these things come true. God loves you, we should all love each other. Good night, God bless you, and sweet dreams.

Chapter 2 : My Music (Cinquain) – Poetry Paradise

The 'Cinquain' is a short poetic form consisting of a single stanza of five unrhymed lines. The syllabic pattern is 2/4/6/8/2, leading to a total of 22 syllables. Here's my attempt at writing a 'Cinquain'.

There were suicides in the adult trials, but the number was not sufficient to reach any conclusion about drug effect on suicide. It is unknown whether the suicidality risk extends to longer-term use, i. However, there is substantial evidence from placebo-controlled maintenance trials in adults with depression that the use of antidepressants can delay the recurrence of depression. All patients being treated with antidepressants for any indication should be monitored appropriately and observed closely for clinical worsening, suicidality, and unusual changes in behavior, especially during the initial few months of a course of drug therapy, or at times of dose changes, either increases or decreases. The following symptoms, anxiety, agitation, panic attacks, insomnia, irritability, hostility, aggressiveness, impulsivity, akathisia psychomotor restlessness, hypomania, and mania, have been reported in adult and pediatric patients being treated with antidepressants for major depressive disorder as well as for other indications, both psychiatric and nonpsychiatric. Families and caregivers of patients being treated with antidepressants for major depressive disorder or other indications, both psychiatric and nonpsychiatric, should be alerted about the need to monitor patients for the emergence of agitation, irritability, unusual changes in behavior, and the other symptoms described above, as well as the emergence of suicidality, and to report such symptoms immediately to health care providers. Such monitoring should include daily observation by families and caregivers. Prescriptions for Sinequan should be written for the smallest quantity of tablets consistent with good patient management, in order to reduce the risk of overdose.

Screening Patients for Bipolar Disorder A major depressive episode may be the initial presentation of bipolar disorder. Whether any of the symptoms described above represent such a conversion is unknown. However, prior to initiating treatment with an antidepressant, patients with depressive symptoms should be adequately screened to determine if they are at risk for bipolar disorder; such screening should include a detailed psychiatric history, including a family history of suicide, bipolar disorder, and depression. It should be noted that Sinequan is not approved for use in treating bipolar depression.

Usage in Pregnancy Reproduction studies have been performed in rats, rabbits, monkeys and dogs and there was no evidence of harm to the animal fetus. The relevance to humans is not known. Since there is no experience in pregnant women who have received this drug, safety in pregnancy has not been established. There has been a report of apnea and drowsiness occurring in a nursing infant whose mother was taking Sinequan.

Usage in Children The use of Sinequan in children under 12 years of age is not recommended because safe conditions for its use have not been established.

Precautions Information for Patients Prescribers or other health professionals should inform patients, their families, and their caregivers about the benefits and risks associated with treatment with Sinequan and should counsel them in its appropriate use. The prescriber or health professional should instruct patients, their families, and their caregivers to read the Medication Guide and should assist them in understanding its contents. Patients should be given the opportunity to discuss the contents of the Medication Guide and to obtain answers to any questions they may have. The complete text of the Medication Guide is reprinted at the end of this document. Patients should be advised of the following issues and asked to alert their prescriber if these occur while taking Sinequan.

Clinical Worsening and Suicide Risk Patients, their families, and their caregivers should be encouraged to be alert to the emergence of anxiety, agitation, panic attacks, insomnia, irritability, hostility, aggressiveness, impulsivity, akathisia psychomotor restlessness, hypomania, mania, other unusual changes in behavior, worsening of depression, and suicidal ideation, especially early during antidepressant treatment and when the dose is adjusted up or down. Families and caregivers of patients should be advised to look for the emergence of such symptoms on a day-to-day basis, since changes may be abrupt. Symptoms such as these may be associated with an increased risk for suicidal thinking and behavior and indicate a need for very close monitoring and possibly changes in the medication. Anyone considering the use of Sinequan in a child or adolescent must balance the potential risks with the clinical need. Poor metabolizers have higher than expected plasma concentrations of tricyclic antidepressants

TCAs when given usual doses. Depending on the fraction of drug metabolized by P 2D6, the increase in plasma concentration may be small, or quite large 8-fold increase in plasma AUC of the TCA. In addition, certain drugs inhibit the activity of this isozyme and make normal metabolizers resemble poor metabolizers. An individual who is stable on a given dose of TCA may become abruptly toxic when given one of these inhibiting drugs as concomitant therapy. The drugs that inhibit cytochrome P 2D6 include some that are not metabolized by the enzyme quinidine; cimetidine and many that are substrates for P 2D6 many other antidepressants, phenothiazines, and the Type 1C antiarrhythmics propafenone and flecainide. While all the selective serotonin reuptake inhibitors SSRIs, e. Nevertheless, caution is indicated in the co-administration of TCAs with any of the SSRIs and also in switching from one class to the other. Of particular importance, sufficient time must elapse before initiating TCA treatment in a patient being withdrawn from fluoxetine, given the long half-life of the parent and active metabolite at least 5 weeks may be necessary. Concomitant use of tricyclic antidepressants with drugs that can inhibit cytochrome P 2D6 may require lower doses than usually prescribed for either the tricyclic antidepressant or the other drug. Furthermore, whenever one of these other drugs is withdrawn from co-therapy, an increased dose of tricyclic antidepressant may be required. Inhibitors or substrates of CYP2D6 i. The extent of interaction depends on the variability of effect on CYP2D6. The clinical significance of this interaction with doxepin has not been systematically evaluated. MAO Inhibitors Serious side effects and even death have been reported following the concomitant use of certain drugs with MAO inhibitors. Therefore, MAO inhibitors should be discontinued at least two weeks prior to the cautious initiation of therapy with Sinequan. The exact length of time may vary and is dependent upon the particular MAO inhibitor being used, the length of time it has been administered, and the dosage involved. Cimetidine Cimetidine has been reported to produce clinically significant fluctuations in steady-state serum concentrations of various tricyclic antidepressants. Serious anticholinergic symptoms i. Additionally, higher than expected tricyclic antidepressant levels have been observed when they are begun in patients already taking cimetidine. In patients who have been reported to be well controlled on tricyclic antidepressants receiving concurrent cimetidine therapy, discontinuation of cimetidine has been reported to decrease established steady-state serum tricyclic antidepressant levels and compromise their therapeutic effects. Alcohol It should be borne in mind that alcohol ingestion may increase the danger inherent in any intentional or unintentional Sinequan overdose. This is especially important in patients who may use alcohol excessively. Drowsiness Since drowsiness may occur with the use of this drug, patients should be warned of the possibility and cautioned against driving a car or operating dangerous machinery while taking the drug. Patients should also be cautioned that their response to alcohol may be potentiated. Sedating drugs may cause confusion and oversedation in the elderly; elderly patients generally should be started on low doses of Sinequan and observed closely. Suicide Since suicide is an inherent risk in any depressed patient and may remain so until significant improvement has occurred, patients should be closely supervised during the early course of therapy. Prescriptions should be written for the smallest feasible amount. Psychosis Should increased symptoms of psychosis or shift to manic symptomatology occur, it may be necessary to reduce dosage or add a major tranquilizer to the dosage regimen. Geriatric Use A determination has not been made whether controlled clinical studies of Sinequan included sufficient numbers of subjects aged 65 and over to define a difference in response from younger subjects. Other reported clinical experience has not identified differences in responses between the elderly and younger patients. In general, dose selection for an elderly patient should be cautious, usually starting at the low end of the dosing range, reflecting the greater frequency of decreased hepatic, renal or cardiac function, and of concomitant disease or other drug therapy. The extent of renal excretion of Sinequan has not been determined. Because elderly patients are more likely to have decreased renal function, care should be taken in dose selections. Some of the adverse reactions noted below have not been specifically reported with Sinequan use. However, due to the close pharmacological similarities among the tricyclics, the reactions should be considered when prescribing Sinequan doxepin HCl. Dry mouth, blurred vision, constipation, and urinary retention have been reported. If they do not subside with continued therapy, or become severe, it may be necessary to reduce the dosage. Central Nervous System Effects: Drowsiness is the most commonly noticed side effect. This tends to disappear as therapy is continued. Other

infrequently reported CNS side effects are confusion, disorientation, hallucinations, numbness, paresthesias, ataxia, extrapyramidal symptoms, seizures, tardive dyskinesia, and tremor. Cardiovascular effects including hypotension, hypertension, and tachycardia have been reported occasionally. Skin rash, edema, photosensitization, and pruritus have occasionally occurred. Eosinophilia has been reported in a few patients. There have been occasional reports of bone marrow depression manifesting as agranulocytosis, leukopenia, thrombocytopenia, and purpura. Nausea, vomiting, indigestion, taste disturbances, diarrhea, anorexia, and aphthous stomatitis have been reported. Raised or lowered libido, testicular swelling, gynecomastia in males, enlargement of breasts and galactorrhea in the female, raising or lowering of blood sugar levels, and syndrome of inappropriate antidiuretic hormone secretion have been reported with tricyclic administration. Dizziness, tinnitus, weight gain, sweating, chills, fatigue, weakness, flushing, jaundice, alopecia, headache, exacerbation of asthma, and hyperpyrexia in association with chlorpromazine have been occasionally observed as adverse effects. The possibility of development of withdrawal symptoms upon abrupt cessation of treatment after prolonged Sinequan administration should be borne in mind. These are not indicative of addiction and gradual withdrawal of medication should not cause these symptoms. Sinequan Dosage and Administration For most patients with illness of mild to moderate severity, a starting daily dose of 75 mg is recommended. Dosage may subsequently be increased or decreased at appropriate intervals and according to individual response. In patients with very mild symptomatology or emotional symptoms accompanying organic disease, lower doses may suffice. The total daily dosage of Sinequan may be given on a divided or once-a-day dosage schedule. This dose may be given at bedtime. The mg capsule strength is intended for maintenance therapy only and is not recommended for initiation of treatment. Anti-anxiety effect is apparent before the antidepressant effect. Optimal antidepressant effect may not be evident for two to three weeks. Overdosage Deaths may occur from overdosage with this class of drugs. Multiple drug ingestion including alcohol is common in deliberate tricyclic antidepressant overdose. As the management is complex and changing, it is recommended that the physician contact a poison control center for current information on treatment. Signs and symptoms of toxicity develop rapidly after tricyclic antidepressant overdose; therefore, hospital monitoring is required as soon as possible. Manifestations Critical manifestations of overdose include: Changes in the electrocardiogram, particularly in QRS axis or width, are clinically significant indicators of tricyclic antidepressant toxicity. Other signs of overdose may include: Deaths have been reported involving overdoses of doxepin. If signs of toxicity occur at any time during this period, extended monitoring is recommended. There are case reports of patients succumbing to fatal dysrhythmias late after overdose; these patients had clinical evidence of significant poisoning prior to death and most received inadequate gastrointestinal decontamination. Monitoring of plasma drug levels should not guide management of the patient. Gastrointestinal Decontamination All patients suspected of tricyclic antidepressant overdose should receive gastrointestinal decontamination. This should include large volume gastric lavage followed by activated charcoal. If consciousness is impaired, the airway should be secured prior to lavage. Intravenous sodium bicarbonate should be used to maintain the serum pH in the range of 7. If the pH response is inadequate, hyperventilation may also be used.

Chapter 3 : Peace Cinquain Poems - Cinquain Poems About Peace

Cinquain. Cinquain is a short, usually unrhymed poem consisting of twenty-two syllables distributed as 2, 4, 6, 8, 2, in five lines. It was developed by the Imagist poet, Adelaide Crapsey.

Cinquain Cinquain is a short, usually unrhymed poem consisting of twenty-two syllables distributed as 2, 4, 6, 8, 2, in five lines. It was developed by the Imagist poet, Adelaide Crapsey. Another form, sometimes used by school teachers to teach grammar, is as follows: Description of Noun Line 3: Feeling or Effect Line 5: Synonym of the initial noun. One year later, Manas Press published her first and only book of poetry, *Verse*. Crapsey was born in , the third child of an Episcopal clergyman. She graduated from Vassar College, returning to her high school boarding school, Kemper Hall, to teach literature and history. In its simplest dictionary definition, a cinquain is a poem of five lines. The ideal cinquain for Crapsey was one that worked up to a turn or climax, and then fell back. Part of the imagist movement in the early twentieth century, Crapsey wrote her cinquains in precise, natural language with minimal use of adjectives. Although influenced by her study of Asian poetry forms and her translations of Japanese haiku, she titled her cinquains and was not opposed to the use of literary devices such as alliteration and assonance. At some point in the mid-twentieth century, elementary school teachers started using a modified version of the cinquain as a grammar lesson. Instead of syllables, these poems emphasized grammar forms as the criteria for each line. Recently, there has been a renaissance of cinquain poetry on the internet, of the syllable-patterned form that Crapsey developed. Modern cinquain writers have been refining the form as they experiment, sometimes using resonance between the first and last lines to bring the poem full circle. After some practice, the rhythm of a cinquain will begin to feel natural. It is important not to force a poem into the cinquain form but to allow the form and the discipline of its syllable count to grow the poem. The following examples were also published with this article. Turquoise Thoughts Hammered silver bracelet, desert sky turquoise stone - city-bound but feels sagebrush in her soul. Cherry Blossoms Cherry blossoms float on the afternoon breezes. Petals fluttering down like snow in spring. Long Shadows Maples in the morning sunlight cast long shadows upon the snow like a roadmap of limbs. Resurrection Early summer heat wave Spring dies a searing death only to rise from the ashes next year.

Chapter 4 : Cinquain: Poetic Forms | Types of Poems | Cinquains

So I'm happy to share the cinquain, which is a nifty five-line poetic form from Adelaide Crapsey. Inspired by tanka, the cinquain is comprised of 2 syllables in the first line, 4 in the second line, 6 in the third, 8 in the fourth, and 2 in the fifth.

Compare with the quatrain, sonnet and limerick. In this post, we will be looking at the two popular types of cinquain with examples to reinforce our points. This is not a strict rule. You can add rhymes though they are not necessary. Syllabic arrangement often consists of one syllable that is not stressed or accented followed by one syllable that is stressed as seen in the stress pattern of the following words: Check their stress patterns to be sure. This is the main difference between the Didactic and the American cinquains. This is important so that your writing flows freely. This will help you gather your thoughts and design a template for the final poem. At first, you might have more or less syllables than required. Remember the syllable lengths as stated above. Now, go over your lines as written above and shorten or lengthen each line as required. In refining the template you have, take good note of the following points: Basically, we want you to avoid goo. If each line sounds like a complete phrase, the poem will bump from line-end to line-end and sound boring, for all its brevity. The cinquain should build toward a climax. Notice the sense of suspense at the ends of the next-to-last lines of the examples, and the surprise in the last lines. Do not be afraid to surprise your audience! See the example of a didactic cinquain written below. This piece was written by Adelaide Crapsey. It has rules that might be difficult to remember, so pay attention here. First line is the topic which is a single word Second line has two adjectives which describe the topic Third line has three verbs relating to the topic. Fourth line is a four-word phrase that captures your opinion on the topic. The fifth line holds a specific term that explains the topic. The first thing is to pick the topic and make it the first line. This is quite easy. Once you pick the topic, search for the appropriate words in the different parts of speech. Remember that poetic language is necessary to convey the message. Take a look at the example provided below by us. There can be variations to your type of cinquain. American cinquains have inspired a number of variations, which are most often written by amateur poets. We consider them below. An American cinquain in reverse order, so the syllables in its lines follow the pattern of An American cinquain followed by a reverse cinquain. An American cinquain is merged with a reverse cinquain, such that the final two syllable line of the American cinquain is the first line of the reverse cinquain. The result is a nine line poem with the syllable-per-line pattern of Five American cinquains written to form a single five-stanza poem. Six American cinquains, in which the lines of the final stanza are taken from the first five, with line one of the final stanza using line one of the first stanza, line two of the final stanza using line two of the second stanza, etc. Do check through our other posts on writing different forms of poetry.

Chapter 5 : Cinquain Chain: Links #22 & #23 | mywordpool

Butterfly cinquain: An American cinquain is merged with a reverse cinquain, such that the final two syllable line of the American cinquain is the first line of the reverse cinquain. The result is a nine line poem with the syllable-per-line pattern of

On a bottle of Pernod. And, finally, here are three by Michael Curl: Alexander Selkirk Was too grand for hotel work. He informed a maid That he was monarch of all he surveyed. Mused while he ought to have studied intently; It was this muse That inspired clerihevs. Haiku Haiku is a form of poetry that developed in Japan from about years ago. The style reached a peak in the first half of the Edo period , when a poet named Matsuo Basho wrote distinctive verses on his journeys around the country describing the seasons and the scenery of the places he visited. In the ensuing Meiji period haiku developed as a uniquely Japanese form of poetry thanks to the efforts of another poet, Masaoka Shiki. It was Shiki who promoted a new form of haiku that emphasized realistic portrayals of nature and human life. A haiku is a short verse of 17 syllables, divided into units of five, seven, and five syllables. Haiku use simple expressions in ways that allow deeply felt emotions and a sense of discovery to be readily conveyed to the reader. As a rule, a haiku must have a word that is identified with a particular season. Haiku composition is especially popular in the United States. The following is an English translation of a haiku by Matsuo Basho: The autumn wind is blowing. But the chestnut burs Ready to write one of each? Here is a review of each form: The Cinquain consists of 5 lines with each line building syllables until a drop at the end for emphasis. The lines have the following syllables, in order of 1st line to last line: The poem should build to a climax and have strong words on the end line. Clerihews have just a few simple rules: They are four lines long. The first and second lines rhyme with each other, and the third and fourth lines rhyme with each other. The first line names a person, and the second line ends with something that rhymes with the name of the person. A clerihew should be funny. I will tell you that there are many rules about haiku writing but generally for us here at PnP these rules will be sufficient. There are writers that put much more thought and effort in to this form. Haiku is a poem composed of three verses of 5,7 and 5 syllables and having a seasonal word.

Chapter 6 : Thoughts(Cinquain) Poem by Zubiya Surti - Poem Hunter

Cinquain History. Cinquain is an American poetry form. Despite its French-sounding name it was created by an American, Adelaide Crapsey. Crapsey was influenced by Japanese haiku.

Chapter 7 : Composing Cinquain Poems: A Quick-Writing Activity - ReadWriteThink

The cinquain, also known as a quintain or quintet, is a poem or stanza composed of five lines. The most common cinquains in English follow a rhyme scheme of ababb, abaab or abcbb.

Chapter 8 : Poetry: The Forms and the History The Cinquain, Clerihew and Haiku by Catherine Wilson

write a poem about another topic, using the cinquain graphic organizer or outline. use words learned in the current thematic unit in poems they write. Share examples of cinquain with your students. Using the Sample Cinquains handout or poems that you have written yourself on the topic that your.

Chapter 9 : Form For All ~ The Cinquain | dVerse

I thought cinquain poems were a really cool type of poem because it was set out different, as most poems are set out the same. The poems were really interesting to read but Shakira's especially stood out to me with her bubblegum words.