

Headspace

Haley Joelle

I'm running out of headspace, this routine is killing me
I plan out all my calories then regret what I eat
I work out every morning but it's not good for my health
'Cause the minute that I skip it, I start yelling at myself

It's been on my mind since I was ten
Filling every single part of my brain
Now there isn't space left

I could smash the mirror 'til it's broke
Or only wear these baggy clothes
Or block the whole world on the internet
I could hide from every camera flash
Keep my head down, turn my back
But no matter how hard I try to forget
My body's always in my head

I avoid going to restaurants when I'm with all my friends
'Cause I know that they'll ask questions if I order less than t
hem
It's such a twisted compliment hearing that I look thin
And I smile but I know that it only sends me spiraling again

I could smash the mirror 'til it's broke
Or only wear these baggy clothes
Or block the whole world on the internet
I could hide from every camera flash
Keep my head down, turn my back
But no matter how hard I try to forget
My body's always in my head

(Why is it always in my head?)
(Ooh, ooh-ooh)

It's just something I haven't overcome yet
My body's always in my head