

Wtf is Self Care

Open Mike Eagle

I'm hearing you, you know I mean, if you say that's what I gotta do, then that's- that's what I gotta do

(What the fuck is self care)

My dark shit is the purest

I hear self care cures

(What the fuck is self care)

Tryna find that shit like a tourist

See if they take my insurance

(What the fuck is self care)

Oh, it's like using good lotion

And long walks on the ocean

(What the fuck is self care)

It's like getting a massage

In a real place, not in a garage

Yeah, yeah

It's eating health food

And making smoothies out of kelp cubes

You know what I mean, that shit sound nasty but I'm- I'm doing that shit in 2020

(What the fuck is self care)

Yeah, I think I know what you suggesting

And it just sounds depressing

Yeah, it's like journaling, writing shit that feels nurturing

I tried it out and found pain I was circling

And started crying so hard I was gurgling

But you know what I mean I ain't out here murdering

(What the fuck is self care)

I think I get it finally, it's like going to wineries

I think I kinda get it, nah I mean, but like what is it

(What the fuck is self care)

It's like finding good smells, or fine wood shelves

In my neighborhood nobody sells that shit so oh well

(What the fuck is self care)

I'm tryna make it smell flowery, I got allergies

I'm in a spot got a sweet roll, tryna hold onto a tree pose

It's like seeing what my body needs, maybe that's a lot of weed

Yeah, get a cup massage, that shit works bro

Shit fuckin hurt though

(What the fuck is self care)

For obstacles that you struggle past, the key is taking bubble baths

(What the fuck is self care)

It's like very high thread counts, and not sleeping on a bed couch

They said don't smoke 'til you veg out, so I pulled all my dreams out