

Self Care

Penelope Scott

Top ten ways to smear honey on your face
Cut your nails, do your makeup and wake up late
Fill a bottle up with water and a soggy piece of fruit
Fill a workbook up with things you can do
When you're stressed, when things are just a mess
When you're feeling kinda anxious or like maybe depressed
I mean maybe if you tried more, maybe if you tried
Maybe if you took more vitamins, you would learn to live a fucking life

I'm not like that
I'm not coming back
I don't want it like that
Not like that
I'm not like that
It won't be okay
I don't want it like that
Not that way

Do drugs
Have sex
Tell your deepest darkest secrets to your friends
Post cringe
Buy guns
Are you done yet?
Fuck
Not enough
Cry a river
Smash a cup
But it's never ever gonna be enough for the people in the
Back row
But you still choose to listen
Knowing damn well it's really not their decision
Maybe if you tried more
Then you would deserve it
Maybe if you fixed the whole world by yourself
Then you'd earn it

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