

They tell me it's ok
But I still feel like I'm drowning.
A million thoughts in my head,
My brain a never-ending todo list,
Of decisions and worries I can't resolve.
Sometimes I think to relax,
But it's me, I overthink everything.
And when do I ever relax?
They say ease up, stop being so tense.
It's hard to stop when you're not even trying.
I'm told to think about what my body needs
But then I can't go the extra mile.
I'm told to think about how I feel
But I don't even know.

Breathe.

My sarcasm is an automatic defense,
Self-deprecation too.
I am used to my awkwardness
And sitting in bed at 2 am thinking I fucked something up.
I can't label what this is — it's just me.
I get thoughts of failure
When I don't think I can do anything right
And feelings that I don't fit in.
I'm no good at making friends
And crowds and the social scene put me on edge.
Will I be rejected?
Have I become a burden?
Are my friends really my friends?
What do they think of me?
Those I'm close to I want to help and love,
But when am I too much?
Have I been too helpful?

Breathe.

Sometimes I feel a little drained,
Life is quite the rollercoaster you see.
If you see me napping, that's why.
My hands are always shaking,
And my brain hyper focuses like nothing else.
I keep everything organized,
Because I wish my brain was, you see.
I want to keep everything in control,
But sometimes I feel like I'm losing it.
How do I help others when I can't help myself?
I put on a smile,
Say it's ok,
Because I can't burden them again.
I'm too nervous to talk,
And my writing is a mess.
What's it like to be a normal human?
I don't even talk to my friends normally.

Breathe.

Yes, at one point
I get the message

To breathe.
My brain can finally be a bit more organized.
It's 3 am you see
And I'm journaling this.
But to help me,
Here's a little self-care message for you.
Maybe one day I'll take my own advice,
But for now this is my kindness to you.
You're an amazing human being.
There is so much you can offer this world.
Sometimes you just got to smile, and maybe have an awkward laugh,
Because life is going to be alright.
So babe, there's always someone there to love you
And pick you back up.
You are worth it.
You're done ranting?

Breathe.