

The world came in too fast today
Every wound had found my name
Every screen became a window
Every window filled with flame

Too much blood
Too much blame
Too many voices
Calling my name

Look this way
Look this way
Look this way

My body heard it all at once
Like sirens under skin
I tried to care for everything

And lost the room I'm in

Panic in my chest again

Static in my hands

The signal floods the body

And the body can't withstand

I reached for every drowning hand

But the water took my breath

I thought that care meant sinking too

I mistook panic for depth

You can't help the world

If you disappear

You can't pull them from the water

If you drown inside their fear

Find your breath

Find the floor

Find the room you're living for

Self-care is not neglecting the world
It's how I stay enough to return
It's how I keep one hand above water
When everything starts to burn

You can't save the drowning
By letting them pull you under
You can't heal the thunder
By breaking in the storm

One breath
One room
One hand against the floor

The world is still burning
But I can't hold it all anymore

Not because I do not love it
Not because I do not care

But I am only one body
Trying to breathe the same air

You can't help the world
If you disappear
You can't pull them from the water
If you drown inside their fear

Find your breath
Find the floor
Find the room you're living for

Self-care is not leaving the world
It's learning how to stay
Without letting all the sorrow
Drag the living part away

So I'll breathe
Before I reach
I'll stand

Before I speak

I'll keep my head above the water

So my hand can still mean help

I will not call it kindness

To abandon myself