



Covid is making you anxious.
In your worries you feel you might drown.
For sleep read this chill bedtime story
To help you to calm the fuck down.

When Amazon wasn't fulfilling
And you were just waiting around
For the bleach and the hand sanitizer
You freaked out. But now calm the fuck down.

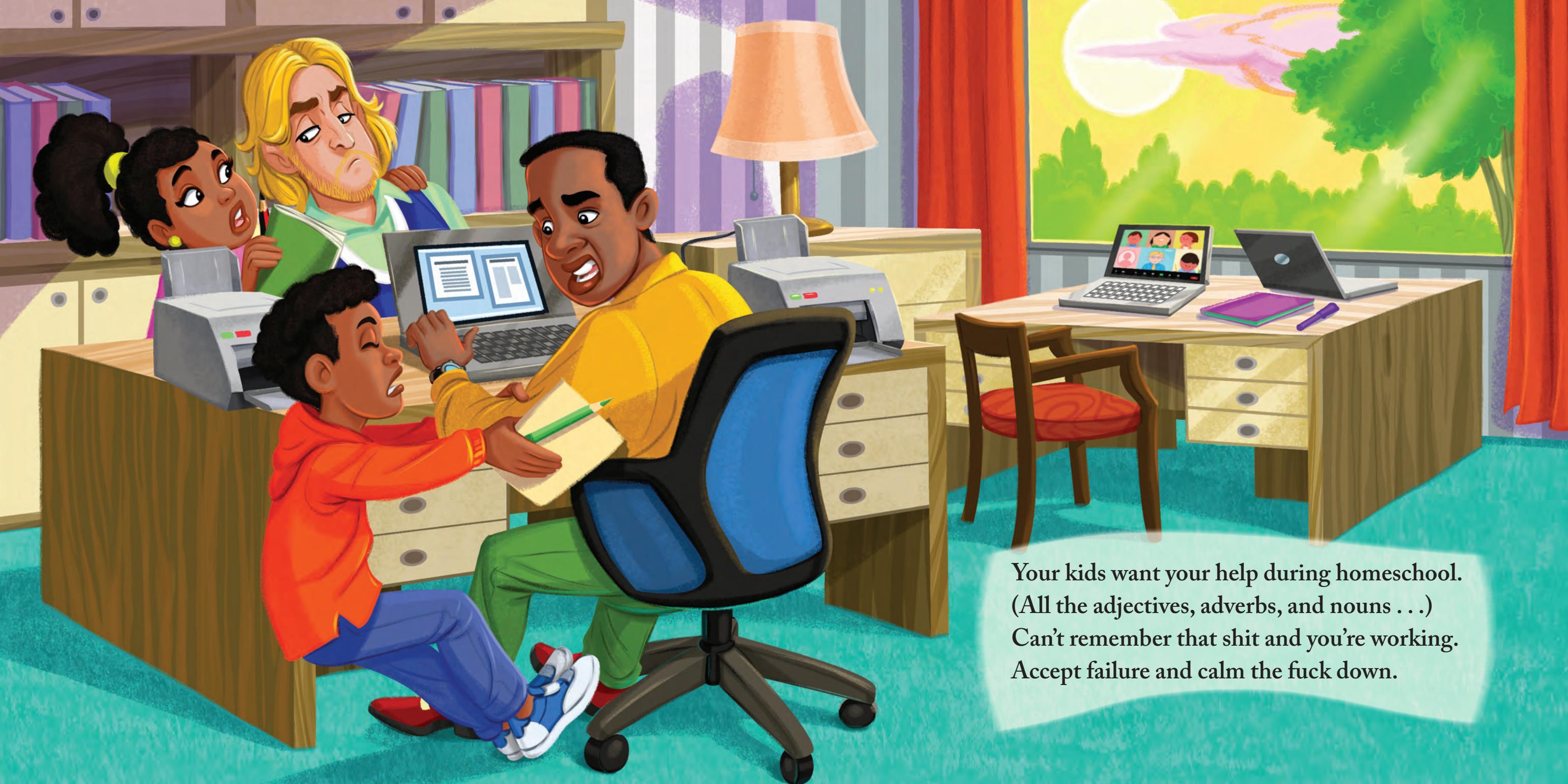




Your friends in New York don't have cooties.
Yes, they live in 'the Big Apple' town.
But they quarantined too (and are safer than you).
So relax and just calm the fuck down.



You Zoom with your family and book club.
In your sweatpants, you look like a clown.
Before you commit hara-kiri,
Make a phone call and calm the fuck down.



Your kids want your help during homeschool.
(All the adjectives, adverbs, and nouns . . .)
Can't remember that shit and you're working.
Accept failure and calm the fuck down.