



Nashville-based alt-pop artist **Caroline Romano** returns with her latest single, “**IDK These Days**,” offering a raw and introspective preview of her upcoming EP, '**How The Good Girls Die**

, set for release on **February 21st**. This new track follows a string of successful releases including “Body Bag,” “Pretty Boys,” and “Born To Want More,” all of which will be included on the 'How The Good Girls Die' EP next month.

“IDK These Days” showcases Caroline’s knack for blending vulnerability with compelling storytelling. The minimalist arrangement emphasizes her poignant lyrics and heartfelt vocal delivery, making it one of the most emotionally charged tracks on the EP. *“I wrote ‘IDK These Days’ during a period of inexplicable anger and frustration,”* Caroline shares. *“It’s about the little things—like snow and traffic—that used to be trivial, suddenly becoming overwhelming. It’s that unsettling feeling when even your mom notices you’re not yourself, and you’re stuck in this state of discontent, feeling like a middle schooler again.”*

Caroline further reflects, *“The song speaks to the fear that these emotions might linger longer than desired. It’s about the struggle of being honest when asked how you’re doing and admitting, ‘I don’t know these days.’ While these feelings are fleeting, in the moment, they feel all-consuming. This song is my way of confronting those emotions head-on, admitting them aloud, and finding solace in that admission.”*

Caroline Romano has established herself as a versatile artist, effortlessly transitioning between misty-eyed ballads and fiery alt-rock anthems. Since the release of her 2022 debut album, [Oddities and Prodigies](#), and her subsequent 2023 EP, [A Brief Epic](#)

, Caroline has continued to come into her own as an artist, revealing new layers of her artistry with each release.

With the forthcoming release of 'How The Good Girls Die,' Caroline pushes her creative boundaries further, promising a collection of tracks that offer an honest, unfiltered look into her world. **'How The Good Girls Die' will be out February 21st.**

Listen to "IDK These Days" on all streaming platforms:

<https://onerpm.link/idkthesedays>

Pre-Save 'How The Good Girls Die' EP:

<https://onerpm.link/175217417040>



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