When you're all alone for days, between a days
And you can't see out through windows for the haze
And it seems so dark out but you can't find your way
Just slow down

When the weight of expectations sinks you down When it seems like there's nobody else around And you look again but your friends can't be found Just hold on to yourself, hold on to yourself

When things are criming out of your control
And your body seems to be troubling in your soul
And your [?] party's such a drag
All those grown-ups seem so sad
But things ain't like they were when we were kids
With your father's anger, in the closet's where you hid
But he's not there and it's nothin' that you did
So just slow down, we're right here
Slow down, we're right here
Hold on to yourself
Calm down, you're right here
Slow down
Slow down, we're right here
We're right here, we're right here
Slow, slow down