

# Anxiety 101

40 Below Summer

I feel weak and I can't sleep  
I'm still wasting, I'm still tasting this place  
I'm still waiting, contemplating  
Why I lie  
Awake, wake, wake  
lie awake, wake, while I lie awake  
wake, wake, lie awake  
wake, while i'm lying

Sometimes I need a break  
Cause it's over and over revolving around me  
that I can't catch my breath (it's all the same)  
sometimes I feel the weight  
like the weight of the worlds on my neck  
its so hectic that I can barely make it through the day  
day, day, through the day, day

Shut me down and turn me out  
all this bleeding, I'm still feeling ashamed  
can you please just leave me be  
and let me breath again

Sometimes I need a break  
cause its over and over revolving around me  
that I cant catch my breath (it's all the same)  
sometimes I feel the weight  
like the weight of the worlds on my neck  
its so hectic that I can barely make it through the day

Give me another way, give me another way out  
(How can I let go)  
give me another way, give me another way out  
(How can I let go)  
give me another way, give me another way out  
(another way out)  
(How can I let go)  
give me another way, give me another way out (out)  
give me another way out (out)  
give me another way out (out)  
give me another way out

Sometimes I need a break (need a break)  
cause its over and over revolving around me  
that I cant catch my breath (it's all the same)  
sometimes I feel the weight (I feel the weight)  
like the weight of the worlds on my neck  
its so hectic that I can barely make it through the day  
day, day, through the day, day, day  
through the day, day, day  
through the day, day, day