

## Calm Down

All Time Low

It's a mad, mad world, tell me not to be so mad about it  
It's a sad, sad world, tell me that I ought to laugh about it  
Funny thing is I'm the one with the cool head  
Everything's fine if you pretend  
Bless this mess, hallelujah  
But I'm about to lose it

Two, three, four

Don't tell me to calm down  
Tell me to calm down  
It's freaking me out that you're not freaking out  
Don't tell me I'll be fine  
Even if you're right  
It's freaking me out  
Don't tell me to calm down

It's a mad, mad world, trying not to lose my shit about it  
In a bad, bad mood, maybe I should take a hit about it  
Any other day I'd need a hug like a teddy-bear  
Now the room's on fire, need to get some air  
Oh, bless this mess hallelujah  
Thoughts n' prayers, so what, who cares?

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Don't tell me, don't tell me  
To calm down

Don't tell me, no, don't tell me  
To calm down

Drifting through this fever dream  
In microplastic submarines  
Your body is not yours it seems  
What the fuck is happening?

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Don't tell me, don't tell me  
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Don't tell me, no, don't tell me  
To calm down