The house is quiet
Not sure if you're in your room
Sometimes you're inside there
To see five whole days through
And then I don't always feel like talking to you
But I wanna help you get moving
'Cause I'm just like you, I'm pretty scared of cutting loose
But if I can do it, then you can

Calm down, your shoes are out here
In the hallway where we left them
And this is no big deal
But recently I stopped watching television
It kinda makes me sad
To see so many episodes of The Walking Dead
But the fictional apocalypse
Always at the forefront of my head

This staying down low is
Is no longer fitting you
This staying down low is
Is no longer fitting you, no

You could take up running
Or something, to break you out of your sweat
I could keep you company
And stop choking on the things I haven't done yet
Or we curtail our standards
Hey, I'm taking my time, I'm probably gonna be late
And we've both been crying
I'll just try to resuscitate

I can see it on your face
That this staying down low is
Is no longer fitting you
Oh, this staying down low is
Is no longer fitting you
Oh, this staying down low is
Is no longer fitting you
Oh, this staying down low is
Is no longer fitting you
Is no longer fitting you

I know that you're tired
But it's no longer fitting you
No, I know that you're tired
But it's no longer fitting you
This staying down low
This staying down low
This staying down low
I know that you're tired
But it's no longer fitting you
No, I know that you're tired
But it's no longer fitting you
This staying down low
Staying down low
Staying down low
Staying down low

Staying down low No, no, I know that you're tired But it's no longer fitting you I know that you're tired But it's no longer fitting you This staying down Staying down Staying down Staying down Staying down Staying down You can get back up again Staying down You can get back up again You can get back up again I know that you're tired