

# Okay

Avery Lynch

I know each time  
You feel this way  
It's like the walls  
Built to be strong  
Can't keep you safe  
You don't know why  
Your fears hold so much weight  
Just know each time  
That you're not fine  
You'll be okay

Just be  
You'll see

Long nights will come  
And so will days  
It hurts too much  
Wish you were numb  
To ease the ache  
You don't know why  
You feel so far away  
If you're not good  
If you're not great  
Just be okay

Just be  
And you'll see  
That this is one part of the human you are  
And who you are is all you have to be

Just be  
You'll see

These things they come  
And they grow  
And they slow  
But they don't  
Go away

And you'll be okay