

## All Time Low

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So, um... My, uh, my current mental health is is rapidly approaching an ATL ... which is, um... That's an all-time low. Not Atlanta. And, you know, I feel okay when I'm asleep. Like, when I'm asleep I feel alright. But it's basically... From the moment I wake up, I, uh... I just get this

Feeling in my body, way down deep inside me  
I try not to fight it (Describe it!) Alright  
A few things start to happen, my vision starts to flatten  
My heart, it gets to tappin', and I think I'm gonna die

Yeah, so, um, yeah. Not, not doing great