

# Hey Mama

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It ain't easy tryin' to juggle all these feelings  
Everybody 'round you needin' somethin' every second of the day  
With no time left for nothin' but cleanin' up another mess  
Feelin' that heaviness in your chest  
Like you're gonna break

Do what you gotta do to  
Take a breath and find a win  
Give yourself some grace  
You're still the queen you've always been

Hey, Mama, you got this  
I promise you got this  
Pull yourself together  
It won't be this hard forever  
You've got the strength of a hurricane  
You're a fighter in every way  
Hey, Mama, you got this  
I promise you got this

On your worst day  
You're still the reason it all works in the first place  
Lunchbox, bus stop, rat race  
Gettin' dinner ready on time

I know it feels like you have lost  
Yourself along the way  
But look around, you should be proud  
Of everything you made

Hey, Mama, you got this  
I promise you got this  
Pull yourself together  
It won't be this hard forever  
You've got the strength of a hurricane  
You're a fighter in every way  
Hey, Mama, you got this  
I promise you got this

You're beautiful  
You've got what it takes  
I see you, it's gonna be okay (Mommy)

Hey, Mama, you got this  
I promise you got this  
Pull yourself together  
It won't be this hard forever  
You've got the strength of a hurricane  
You're a fighter in every way  
Hey, Mama, you got this  
I promise you got this

Ooh, we got this