

One of Those Days

Colony House

I'm just having one of those days
Where I wake up to the sound of rain
With this pressure on my chest that I can't make go away
Every minute's gettin' longer
Waves are hittin' harder
Wish that I was stronger than the pain
Instead of runnin' away when it feels like
Everything's a landslide
Pull yourself together, this can't go on forever
I've been talkin' to myself to help the time go by
Maybe I can figure out a reason why

Four in the mornin', my room starts turnin'
My eyes are burnin' with the light, I'm wide-awake
But I feel so tired, I've been runnin' for miles
And I'm still so far away
I will pull myself together
But right now I'm just havin' one of those days
I'm just havin' one of those days

I'm just havin' one of those days
With my headspace feelin' like a car chase
Bouncin' off of walls, crashin' because I'm always
Living at a pace that was set for me
Now the clean-up crew and the powers that be
Are tryna heal a world with anxiety

Four in the mornin', my room starts turnin'
My eyes are burnin' with the light, I'm wide-awake
But I feel so tired, I've been runnin' for miles
And I'm still so far away
I will pull myself together
But right now I'm just havin' one of those days
I'm just havin' one of those days
I'm just havin' one of those days
I'm just havin' one of those days

Scream if you gotta
Be weak if you wanna
The strength is in the spirit
Nobody can tear it away
Yeah, it's okay to feel this way

You're just havin' one of those days
Havin' one of those days
I'm just havin' one of those days
Just havin' one of those days
Four in the morning, my room starts turnin'
My eyes keep burnin' with the light, I'm wide-
awake (Just havin' one of those days)
But I feel so tired, I've been runnin' for miles (Just havin' one of those d
ays)
And I'm still so far away
I will pull myself together
But right now I'm just havin' one of those days
I'm just havin' one of those days