

Don't Be So

Downhere

Get back up, shake it off
Take a breath, deeper now
Tears are not welcome here this time

Chasing your thoughts and fears
Just what is happening here?
You're the one who always seems to have it figured out
Looks like you could use a few words of friendly advice

Don't be so scared, you're doing fine
Don't be so hurried, you're next in line
Don't be so worried, you'll be all right

You're asking us to pray for you
That's what we intend to do
Whether or not it's meant to be
Keep your faith and tenacity (don't lose your tenacity)
'Cause it's not we, and it's not you, who's going to save the d
ay
Looks like you could use a few words of friendly advice

Running around, chasing around, running around in circles
Running, chasing, thinking, hoping, triple-check, investigating

Vis-à-vis your anxiety
Here's a friend's advice