It's easy to get a little overwhelmed Nobody plans to break
It's heavy and it's hard to ask for help But don't hide behind the pain

Let it all go
Let it all come to an end
We can start over again
You're not broken
There's just things I wanna mend
We can start over again

Sometimes healing looks like nothing you would choose Feels like you're in reverse I'm redeeming all the things you had to lose But I know it hurts

Let it all go
Let it all come to an end
We can start over again
You're not broken
There's just things I wanna mend
We can start over again
Oh, we can start over again

You don't have to be afraid I'm right here, I'm right here You can cry, it's okay I'm right here, I'm right here

I won't let go
When it all comes to an end
We can start over again
You can trust me
It's alright, catch your breath
We can start over again
Oh, we can start over again