She could always hear every word they say
Everybody walks like they just know the way
Every single day holding back the tears
She'd never say a word 'cause there's nobody that hears

It's okay to be not okay
It's just fine to be out of your mind
Breathe in deep, just a day at a time
'Cause it's okay to be out of your mind, mind

Mine is broken, how is yours?

Sure, it helps to hear the news and political discourse

Fear, that is what he felt

Every single day, 'cause all the boys would play

Don't you dare be weak, emasculated freak

Last up on the fence, tell me, where's the sense?

It's okay to be not okay
It's just fine to be out of your mind
Breathe in deep, just a day at a time
'Cause it's okay to be out of your mind

I don't want this body, I don't want this voice I don't wanna be here, but I guess I have no choice Just let me live my truth, that's all I wanna do Baby, you're not broken, just a little bit confused

It's okay to be not okay (I need you here with me)
It's just fine to be out of your mind (I can't do it all alone)
Breathe in deep, just a day at a time
'Cause it's okay to be out of your mind (It's okay, out of your mind)

It's okay to be not okay (I need you here with me)
It's just fine to be out of your mind (I can't do it all alone)
Breathe in deep, just a day at a time
'Cause it's okay to be out of your mind (It's okay, come on and

La, la, la, la-la, la, la, la, la-la
La, la, la, la-la, la, la, la, la-la
La, la, la, la-la, la, la, la, la-la
La, la, la, la-la, la, la, la, la-la, la

on and on and on)