

I'm tryna get away from my thoughts right now  
Pop a couple of pills just to calm me down

Woke up, Dua Lipa in my bed  
Did a double-take, fuck it's only in my head  
Gotta call the doctor 'cause I'm runnin' out of meds  
My mind is goin' off and I think I might be

Trippin' out, lookin' at the world and its upside-down  
Think I might be losin' it  
Tell me how the fuck I got here  
How I'm supposed to work this out?

I'm tryna get away from my thoughts right now  
Pop a couple of pills just to calm me down  
I don't wanna think but I don't know how  
Today, I ain't okay, hope tomorrow I'll be great

I wanna stay in bed 'til 3 PM  
Ignorin' all the texts from all my friends  
Oh I can't wait 'til this day ends  
'Cause today I ain't okay, hope tomorrow I'll be great

I sink until I'm sunk, the darkest kind of days  
Goin' through the motions I don't even know what day it is  
Always gettin' drunk, hope it's just a phase  
I'm feelin' no emotions and I think I might be

Trippin' out, lookin' at the world and its upside-down  
Think I might be losin' it  
If you could spend a second in my head  
You would run for the hills, no doubt

I'm tryna get away from my thoughts right now  
Pop a couple of pills just to calm me down  
I don't wanna think but I don't know how  
Today, I ain't okay, hope tomorrow I'll be great

I wanna stay in bed 'til 3 PM  
Ignorin' all the texts from all my friends  
Oh I can't wait till this day ends  
'Cause today I ain't okay, hope tomorrow I'll be great

I'm tryna get away from my thoughts right now  
Pop a couple of pills just to calm me down  
I don't wanna think but I don't know how  
Today, I ain't okay, hope tomorrow I'll be great

I'm tryna get away from my thoughts right now  
Pop a couple of pills just to calm me down  
I don't wanna think but I don't know how  
Today, I ain't okay, hope tomorrow I'll be great

I wanna stay in bed 'til 3 PM  
Ignorin' all the texts from all my friends  
Oh I can't wait till this day ends  
'Cause today I ain't okay, hope tomorrow I'll be great