

Helium

Jill Barber

We're not getting any younger
I don't know if we're getting any wiser
Oh, but we can be kinder
Don't worry about the things that we can't change
Just gotta let 'em go, let 'em float away

Don't watch a story where you're down
Keep catching up, feet on the ground

So, you feel your world turned upside down
And you need some way to turn it around
Take your problems the way you are feeling 'em
And make 'em lighter, fill them with helium
Blow 'em up as big as they can go
Tie 'em up a string and just let go
Take your problems the way you are feeling 'em
And make 'em lighter, fill them with helium

'Cause it's only getting harder
And you don't have to be a martyr
Oh, but we can be stronger
But don't worry about the things that we can't control
If you hit a rock, you gotta let it roll

Don't watch a story where you're down
Keep catching up, feet on the ground (Huh)

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And you need some way to turn it around
Take your problems the way you are feeling 'em
And make 'em lighter, fill them with helium
Blow 'em up as big as they can go
Tie 'em up a string and just let go
Take your problems the way you are feeling 'em
And make 'em lighter

I keep holding onto you
So that I don't float away, too

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Fill them with helium