

# 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)

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

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

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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  
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

Fill them with helium