OK (Anxiety Anthem)

Wake up with a knot in my chest Tried everything just to get out of bed It ain't workin', it ain't workin' Sometimes I can get like this Cover it up with a smile on my face But I'm hurtin', I'm still hurtin'

There are days when the world gets heavy Sleepless nights, I've had way too many When it's late and no one's around, around Alone in my room and the tears start pouring Wishin' the nights were still the mornin' But tonight I'ma let them fall down, fall down

'Cause it's OK not to be OK It's OK if you feel the pain Don't gotta wipe your tears away Tomorrow's another day It's OK not to be OK It's fine, you're allowed to break As long as you know, as long as you know Everything's gonna be OK, OK As long as you know, as long as you know Everything's gonna be OK, OK

Look at you, look at me We all goin' through it If you look beyond the surface, beyond the surface So what do I do? Just wear it on my sleeve Maybe then, maybe then you'll be believe That I'm hurtin', that I'm hurtin'

There are days when the world gets heavy Sleepless nights, I've had way too many And it feels like there's no way out, way out Alone in my room and the tears start pouring Wishin' the nights were still the mornin' But tonight I'ma let them fall down, fall down

'Cause it's OK not to be OK It's OK if you feel the pain Don't gotta wipe your tears away Tomorrow's another day It's OK not to be OK It's fine, you're allowed to break As long as you know, as long as you know Everything's gonna be OK, OK

I know, you know, I know, you know It's not easy But you know, you know, you know, you know That it gets easier I know, you know, I know, you know It's not easy But you know, you know, you know, you know That it gets easier

Mabel

'Cause it's OK not to be OK It's OK if you feel the pain Don't gotta wipe your tears away Tomorrow's another day It's OK not to be OK It's fine, you're allowed to break As long as you know, as long as you know Everything's gonna be OK, OK, OK As long as you know, as long as you know Everything's gonna be OK

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