

Burn Out

Nao

I do, I do, I do
I dream about you what I lose and how much water flows through me
When I give up my energy to all of everybody else's priorities
So low
I burn out till I'm low-low
Don't know how much longer I can go for
I really need to slow for me

So I wake up, drink more, fade out, then sleep again
My friends think I'm happy, but think again
I go up, I come down to come down again
Lately I've been feeling like I'm taking hits
So low
Burning out my body till it's broke-broke
Don't how much longer can I go for
I really I need to grow for me
And maybe just

Go slow, there's nothing to run for
'Cause we ain't rushing no more, we got what we came for
'Cause I've been on the go-go, go-go
Turning into someone I don't know
Maybe I should slow down, down
I'm taking it slow

Too much energy that I'm spending
It's not eco nor friendly
I hate that it's bending me in so many different ways
I did it for myself rarely
A lesson for my heart that I should love me more
Don't know how much longer I can go for
A reminder to myself that life's a little short
Got no one left to blame
I'm burnt out just the same
Should save a little love for me

(For me
For me)

I'm burning out again
I don't wanna lose my head now
Got nothing left to spend now
I can't do it all again to me
I'm taking slow

Go slow, there's nothing to run for
'Cause we ain't rushing no more, we got what we came for
'Cause I've been on the go-go, go-go
Turning into someone I don't know
Maybe I should slow down, down
I'm taking it slow

Slow, slow
Slow, slow, slow
Slow, oh yeah

Guess I'm running so low

I been running so low
Running so low
Running so, running so low