

Still stuck in bed
Try to remember how
Unscrew my head
That's too left brain right now
I washed my hair, I'm still a mess
I'm having trouble getting dressed
I've still got memories to repress
But I still hear my mama saying

If you're sad and you know it
And you don't wanna show it
Clap your hands
If you're sad, that's okay
You can clap it all away
Clap your hands

It's getting hard to justify my thoughts
And where I'm coming from
Understand how I got here
How I became what I've become
They say that if I try
That I could maybe be someone
But I'm scared because I know deep down
That day may never come

If you're sad and you know it
And you don't wanna show it
Clap your hands
If you are sad, that's okay
You can clap it all away
Clap your hands
Clap clap your hands
We're all a little sad
Clap clap your hands
We're all a little sad

Shut up and be happy
Yeah, it's all in your head
Grow up and be happy 'cause it ain't that bad
That's what my doctor said
Unless you'd rather be
Unless you'd rather be

Sad and you know it
And you don't wanna show it
Clap your hands
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