OK (Anxiety Anthem)

Mabel

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, 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

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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
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