Living hard
Working from day to day
And it feels like the walls are closing in
If something don't change
I just might break
Under all the pressure and the strain

You get up
It knocks you back down
Release the pressure
Let it out
Pressure

Makes you scream
Makes you want to shout out loud
Oh lord why me
Oh won't you help me out
It's in my brain
Going insane
Under all the pressure and the strain

You can't run
You can't run no you can't hide
It's gonna find you
Now matter how you try
Searchin' in vain
You can't escape
Under all the pressure
And the strain