## Anxiety 101

## **40 Below Summer**

I feel weak and I can't sleep I'm still wasting, I'm still tasting this place I'm still waiting, contemplating Why I lie Awake, wake, wake lie awake, wake, while I lie awake wake, wake, lie awake wake, while i'm lying

Sometimes I need a break Cause it's over and over revolving around me that I can't catch my breath (it's all the same) sometimes I feel the weight like the weight of the worlds on my neck its so hectic that I can barely make it through the day day, day, through the day, day

Shut me down and turn me out all this bleeding, I'm still feeling ashamed can you please just leave me be and let me breath again

Sometimes I need a break cause its over and over revolving around me that I cant catch my breath (it's all the same) sometimes I feel the weight like the weight of the worlds on my neck its so hectic that I can barely make it through the day

Give me another way, give me another way out (How can I let go) give me another way, give me another way out (How can I let go) give me another way, give me another way out (another way out) (How can I let go) give me another way, give me another way out (out) give me another way out (out) give me another way out (out) give me another way out (out)

Sometimes I need a break (need a break) cause its over and over revolving around me that I cant catch my breath (it's all the same) sometimes I feel the weight (I feel the weight) like the weight of the worlds on my neck its so hectic that I can barely make it through the day day, day, through the day, day, day through the day, day, day