

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

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
through the day, day, day