

## It's Ok

Parokya Ni Edgar

Shh' it's ok  
Just change your frame of mind  
Everything will be just fine

You can't breathe  
Everything you see around just feels false  
And you don't have the balls  
To reach out  
Ask help from those around you , carry on  
You just carry on

No, no, no  
That's not the way to go, I should know  
Cause I've been there before

Just relax  
Try to focus just for once on here and now

Before you lash out  
Before you lose control  
Grab a hold for yourself  
Grab a hold for yourself

Hold your tongue  
Before you shoot your mouth off  
And regret the words that you will say  
And regret the words that you will say