

America is stressed  
That's according to a recent survey  
Conducted by this country's leading  
Non-profit mental health organization  
This mental health association  
I was exhausted

And I didn't realize it, like, physically  
Because it wasn't physical  
It was definitely 100% emotional  
And just in my head, I just felt tired

That is the problem  
Because ultimately, people are not able  
To get control of that stress  
It will start to have serious  
Consequences on their health