

Parokya Ni Edgar, It's Ok

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