

It's OK (Please Just Say)

Susan Sinclair & Adam Sinclair

C Em7 Am F C
I can't quite put my finger on it. Maybe I don't even know the word.
Em7 Am

Maybe lonely or just down, a little miss my friends from town,

F C
But today my smile is hanging upside down.

F Am G F Am C G
It's ok if you're not feeling ok. It's ok if you're not feeling your very best today.
F Am G F F#dim Am G
It's ok if you're not feeling ok. You don't have to keep these feelings locked away.
F G7 C
Please just say.

Em7 Am F C
When everything feels like it has changed, even things I thought were certain,
Em7 Am
When open doors have all been closed, all the yeses turn to nos,
F C
Feels like we've been livin' behind a curtain.

(Chorus)

F G7(sus4) F
Remember it's not only you, we all have moments feeling blue.
G7(sus4) F
Find what keeps you calm and cool. Whatever works for you:

G7(sus4)
Listen to music! Talk to a friend, or even a grownup.
F G7(sus4)
Do something you love. Just sing this song, and make your own words up.
F
Stop for a minute, take a break.
G7(sus4)
Look out the window, draw what you see.
F C
Write down your feelings, keep them somewhere safe.
G G7
Write a kind letter, send it to a friend.

(Chorus)