

This sinking feeling sets, it feels just like a hole inside your chest.  
I know you're thinking no, no, no, no, it is easier said than done, but please let me attest,  
I know it's hard. You're feeling like you're trapped,  
But that's how you react when you cannot see the light, but try and see the light.  
I'm tellin' you no, no, no, no, you're the only one standing in your way  
Just take a breath. Relax, and tell me:

Why? Please tell me why do we worry?  
Why? Why do we worry at all?  
Why? Just tell me, why do we worry?  
When worry is never helping, tell me why, why worry at all?

Why do we insist on crossing bridges that do not exist?  
Let's take these issues step-by-step by step, to work it out.  
Day by day by day we're falling down. But life goes on.

I've got some questions:  
Are you sick of feelin' sorry? (Uh huh).  
And people sayin' not to worry? (Uh huh).  
Sick of hearing this hakuna matata motto from people who won the lotto? We're not that lucky.

Have you noticed that you're breathing? (Uh huh).  
Look around and count your blessings (Uh huh).  
So when you're sick of all this stressin' and guessin' I'm suggestin' you turn this up  
and let them hear you sing it.

Why? Please tell me why do we worry?  
Why? Why do we worry at all?  
Why? Just tell me, why do we worry?  
When worry is never helping, tell me why, why worry at all?

Chin up, quit actin' like you're half dead.  
Tears can only half-fill how you're feelin'. Don't worry, be happy baby.  
Stand up, life is too damn short, that clock is ticking.  
Man up, if ya feel me. Everybody sing it.

Why? Please tell me why do we worry?  
Why? Why do we worry at all?  
Why? Just tell me, why do we worry?  
When worry is never helping, tell me why, why worry at all?

Why? Please tell me why do we worry?  
Why? Why do we worry at all?  
Why? Just tell me, why do we worry?  
When worry is never helping, I'm not buying what they're selling,  
So if worry is never helping, tell me why, why worry at all?