

It's OK Not to Be OK

Demi Lovato & Marshmello (2021)

Feeling like a drop in the ocean that don't nobody notice,
Maybe it's all just in your head.
Feeling like you're trapped in your own skin, and now your body's frozen
Broken down, you've got nothing left

When you're high on emotion and you're losing your focus
And you feel too exhausted to pray,
Don't get lost in the moment, or give up when you're closest.
All you need is somebody to say:

It's okay not to be okay.
It's okay not to be okay,
When you're down and you feel ashamed,
It's okay not to be okay.

Feeling like your life's an illusion, and lately, you're secluded,
Thinking you'll never get your chance.
Feeling like you got no solution, it's only 'cause you're human
No control, it's out of your hands.

When you're high on emotion, and you're losing your focus,
And you feel too exhausted to pray,
Don't get lost in the moment or give up when you're closest
All you need is somebody to say:

It's okay not to be okay.
It's okay not to be okay.
When you're down and you feel ashamed,
It's okay not to be okay.

When you're high on emotion and you're losing your focus,
And you feel too exhausted to pray.
Don't get lost in the moment, or give up when you're closest,
All you need is somebody to say:

It's okay not to be okay, (oh!)
It's okay not to be okay. (no, no, no)
When you're down and you feel ashamed, (When you feel ashamed)
It's okay not to be okay (no, no).
It's okay not to be okay.