

# OK Not to Be OK

## Marshmello & Demi Lovato

Marshmello & Demi Lovato - OK Not To Be OK[Verse 1]

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[Pre-Chorus]  
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

[Chorus]

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[Verse 2]  
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

[Pre-Chorus]

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

[Chorus]

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[Bridge]

When you're high on emotion  
And you're losing your focus  
And you feel too exhausted to pray (Ah-ha)  
Don't get lost in the moment  
Or give up when you're closest  
All you need is somebody to say[Chorus]

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, no)  
It's okay not to be okay

Lyrics provided by <https://www.songlyrics.band/>