

# It's OK (Please Just Say) – Lyrics & Chords

#### Intro

С

### Verse 1

Em7 Am
I can't quite put my finger on it,

F C
Maybe I don't even know the word,
Em7

Maybe lonely, or just down,
Am

A little miss you being around,
F C

But today my smile is hanging upside down.

#### **Chorus**

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

## Verse 2

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



#### Chorus

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

# **Bridge**

F

Remember it's not only you,

G7(sus4)

We all have moments feeling blue,

G7(sus4)

Find what keeps you calm and cool,

F

Whatever works for you:

#### Listen to music!

G7(sus4)

**Talk to a friend!** (Or even a grown-up)

F

Do something you love!

G7(sus4)

**Just sing this song!** (Maybe make your own words up)

F

Stop for a minute, take a break!

G7(sus4)

Look out the window, draw what you see!

F

Write down your feelings, keep them somewhere safe!

G G7

Write a kind letter, addressed to 'Me'.



# Chorus

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