

Catch Your Breath

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Verse 1

Hush now
There's no need to rush out
We can stay here for hours and hours
We don't have to talk if you don't want to
Come now
Lay your head and slow down
Take a breath and breathe out
Turn the volume low

Chorus

You can trust me
With the things you've left undone
And let your guard down
Open up the cages of your heart
Catch your breath

Verse 2

Pass me
All the weight you carry
I can take your anxieties
Leave them here with me
You're worth
More than your endeavours
I see all of your efforts
All that goes unseen