

## Walk In the Rain

### Verse 1

#### **Bbm/Ebm/Ab/Dbmaj7**

Some days I feel isolated  
nowhere to go,  
Some nights I'm alienated,  
a scared UFO  
Unidentified fragile object,  
Petrified of other life,  
Terrified whether they even like me,  
Who am I?  
Verify am I alive?  
Sometimes my mind is numb,  
Sometimes my mind is done,  
Am I dumb?  
I need Mum?  
I slump myself so low I'm landfill,  
It's deeper than being down in the dumps,  
And when you've sunk as much as me,  
your lungs lose some of its capacity,  
Can't breathe, under the rubble it's a struggle trying juggle all the junk,  
While others complain my face is in a scrunch,  
I don't frown cause I got the hump,  
I don't clown around to have some fun,  
Playing different characters like Professor Klump,  
I'm trying to disguise the lump in my throat,  
I want to cry on the outside, but I just don't,  
I never wanna jump for the rope,  
All I ask is for some hope.

### Chorus

#### **Bbm**

I wanna be right here right now,

#### **Ebm/Bbm**

As I walk in the rain,

#### **Ebm/Bbm**

It's allowing my mood to change

#### **Gb/ Bbm**

And meditate my way

#### **Gb/ Bbm**

And meditate my way

#### **Gb/Bbm**

Medication ain't the only way

## Verse 2

### Bbm/Ebm/Ab/Dbmaj7

Raindrops dripping on the windowpane,  
I remember skimming pebbles on a winter's day,  
The weather made me feel alive in a fountain of pain,  
I climb the gradual incline of the mountain ingrained in my brain,  
I'm in hiking apparel, I'm liking how I'm finally walking out of my shadow,  
It's exciting when I open my peripherals,  
What I can see instead of having narrow vision,  
I'm out today I'm not hidden,  
I meet friends, leave home,  
Get out of my comfort zone,  
My anxiety temporarily goes,  
Conversation flows,  
I no longer straddle alone.

But I do put pressure on myself,  
My to do list stretches to the Alps,  
If I don't do it, it messes with my mental health,  
And income the mental doubts.

I need a to do list so I,  
Can see how much I've achieved how far I've climbed,  
I need treat myself like I treat my friends,  
Be kind to my mind,  
I said, I need treat myself like I treat my friends,  
Be kind to my mind.

## Chorus

I need a social prescription  
As I navigate the pain  
It's allowing my mood to change  
And meditate my way  
And meditate my way  
Medication ain't the only way

## Verse 3

Trying to get support is a post code lottery,  
If I win, I'd implement a social policy,  
We need to be vocal honestly,  
We need National help, that starts with local priorities.

More appropriate provisions,  
Fed up of the division,  
Fed of GPS who when I beg are indifferent,  
As they refuse to believe I have a mental health condition,  
And even if they do, they offer medication,  
I need other therapies like meditation,  
Social prescribing,  
No more online subscribing,  
Real human interaction,  
Mental health is a flower,  
Without photosynthesis,  
When my photos taken it is unable to capture any light,  
But I want to change this,  
Get used to being outside,  
So financially don't short-change us at every quarter,  
Like my winter pebble they are just skimming the waters,  
Health inequality, waiting lists,  
We can no longer wait for this,  
Health inequality, waiting lists,  
We can no longer wait for this.

### **Chorus**

I wanna be right here right now,  
As I walk in the rain,  
It's allowing my mood to change  
And meditate my way  
And meditate my way

I need a social prescription  
As I navigate the pain  
It's allowing my mood to change  
And meditate my way

### **Bridge**

Walk in the rain  
Talk out the pain  
Used to be afraid  
Used to feel ashamed