**Funny Feeling**

Have you ever had a funny feeling in your head?

Sometimes it stays there

Sometimes it spreads

Like an itch or a scratch

It just won’t go away

You wake up with dread

“Please, not today"

I’ve got a list of jobs

As long as my arm

But the thought of getting up

Triggers my built-in alarm

I can feel my heart fight my ribcage today

What did I do? What did I say?

Something bad must’ve happened for me to feel like this

Then again, can’t remember the last time I felt some bliss

That doesn't really exist

In my head

Instead

I feel like I'm constantly under threat

‘Cause my radio hasn’t tuned into the right station yet

The more I try and force the dial, the more my body sweats

I’m not asking for much, just a better mindset

I’m hallucinating

While procrastinating

And my mind's administrating

Constant pain, techniques evaporating

My strength becomes my weakness

My weakness becomes a death sentence

And when all is said and done

That funny feeling for me is the heartbeat of my demons

But I’m not alone

When you next see someone

Take a second to look at them

To really look at them

Then someone else

Then someone else

And eventually you will see that

Everyone has a funny feeling in their head

Sometimes it stays there

Sometimes it spreads

But no matter their age, status or beliefs

They will all have a funny feeling

They might just experience it in a different way to you