

# MOVE ON

When I wake up in the morning, and I'm feeling blue, I ponder on what I could, should do.

Should I stay in bed where I feel safe, or  
Should I get up and put on a brave face.

**ELEVATE**



# MOVE ON

Staying in bed is an easy thing  
to do,  
But getting up and facing the  
day is a struggle to.  
So I say a little prayer and lie a  
while,  
Thinking I can do it with a  
smile.

**ELEVATE**



# MOVE ON

Slow and steady, one step at a  
time,  
Grab a cuppa and sing a  
rhyme.  
Then, bit by bit I begin to feel  
good,  
Doing things to help change  
my mood.

**ELEVATE**



# MOVE ON

And by the end of the day,  
when I'm back in bed,  
I'd say to myself, "I need to stay  
out of my head!"

- H McD

**ELEVATE**

