Resilience

This road we're travelling
Isn't paved with gold
Our world unravelling
Our lives on hold

You can't rebuild a person overnight
Try to keep those modest goals in sight

Brace yourself,
For the times are grey
Pace yourself
And you'll find your way
Resilience
Doesn't require
Brilliance
Simply aspire
To muddle through
Day by day
By day

So, you've lost control
Of the life you knew
Work can take its toll
When you're feeling blue

No-one deserves to feel they're second rate
In a world debased by needless hate

Free yourself
From the endless din
Be yourself
Or the **scoundrels** win
Resilience
Doesn't require
Brilliance
Simply aspire
To muddle through
Day by day
By day

It's OK to ask for help
If you find you cannot cope
It takes community
To nurture seeds of hope

Renew yourself
With a friend or two

View yourself
As your loved ones do
Resilience
Doesn’t require
Brilliance
If we aspire
To muddle through
Day by day
By day

We’ll recover our inner steel
Discover that we can heal
And together find we’ve real
Resilience
Resilience