

## “You Can”

By Will Lovell

Verse 1:

There are times when we end our days with large amounts of **stress**,

When we do not know the way we need to go.

And we try to hide the feels inside by putting on a face,

In attempt to save our friends from the pain we long to show.

The four steps to doing this are by good ole Michael S.,

In which we try to fit our looks to **display rules**.

You may find that attempting this may result in lowered stress,

And your friends you will no longer have to fool.

Chorus:

You can control the location of where you find yourself,

It can lower the stress by avoiding what's not best.

You can change the meaning of events by **reappraising** them,

Take another look at what seems like mayhem.

Oh you can.

Verse 2:

Now when it comes to reducing stress, here's what not to do,

It would not be good to try and **suppress thoughts**.

This will often result in the **effect of a rebound**,

Where you'll think about the stress within your life more than you ought.

**Rumination** happens next which strengthens all of your distress,

As you ponder on your **daily hassles** much.

This will not help the case of the happiness you chase,

Unless you read these basic steps and use them as a crutch.

Chorus:

You can find the humor of the event that you endure,

A **response that can cope** and stimulate the release of dopamine.

You can distract yourself from troubles you don't want to face,

By focusing your mind on God's grace.

Oh you can.

Bridge:

Now you'll have **major life stressors** that keep you up all night,

It'll make you **fight-or-flight**,

But that's not how it has to be.

Controlling your emotions the right way can bring new life,  
By handling all your strife,  
More beneficially...

Extended Chorus:

You can control the location of where you find yourself,  
Take a break from the work that makes your stress seem to lurk.  
You can change the meaning of events by reappraising them,  
You will not die if you don't pass that exam.

You can find the humor of the event that you endure,  
It can improve your mood even when it might seem rude.  
You can distract yourself from troubles you don't want to face,  
Open up a book in a peaceful place.  
Oh you can.  
You can.

## Works Cited

Gazzaniga, M.S. (2018). *Psychological Science*. W.W. Norton & Company, Inc.