

RANT THE PANIC ANT

Words by Karen D. Cuthrell

Music by Vincent Evans

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My heart beats fast, I bite my nails, I pull my hair
My feet swell up, my stomach swells, I need some air
I wring my hands, I forget what to say, I start to stutter
I can't do this, I can't do that, my heart's all a flutter
Somebody help me
Can't you see?
I just want to live peacefully



But I'm Rant the Panic Ant (oh no)
And I'm nervous as can be
Yes, I'm Rant, the Panic Ant (oh no)
And I'm nervous as can be
Please, help me to settle down
So I can live peacefully

I can't go to sleep, I toss and I turn, and my body needs rest
I run here and there and I never catch up and I'm feeling distress
I can't eat, I can't breathe, I can't sleep, I don't rest, so I'm nervous all day
I feel like I'm losing my mind so I cry and cry and I just gotta say
Somebody help me please
Can't you see?
I just want to live peacefully
(But I can'tcause....)

I'm Rant the Panic Ant (oh no)
And I'm nervous as can be
Yes, I'm Rant, the Panic Ant (oh no)
And I'm nervous as can be
Please, somebody help me to slow down
So I can live peacefully

I'm Rant the Panic Ant (oh no)
And I'm nervous as can be
Yes, I'm Rant, the Panic Ant (oh no)
And I'm nervous as can be
Please, help me to settle down
So I can live peacefully