

Youth Toolkit

Songs for Difficult Moments

Booklet 01



What This Toolkit Is

Youth Toolkit is a collection of songs written to support people through difficult moments.

Each song speaks to experiences many people face at some point in their lives, including anxiety, loneliness, pressure, self-doubt, and uncertainty about the future.

These songs are not meant to give answers or instructions.

They create space to pause, breathe, and reflect.

Sometimes music can hold a moment long enough for someone to hear their own thoughts more clearly.

You do not need to listen to everything at once.

One song may be enough.

If a song helps you slow down, breathe, or feel a little less alone, then it has already done what it was meant to do.

How To Use These Songs

There is no single way to use these songs.

You might listen when your thoughts feel crowded, when something has been weighing on you, or when you simply need a moment of quiet.

You can start anywhere.

You might choose a song that matches how you feel right now.

You might explore one of the sections in this booklet.

Or you might simply press play and see what meets you there.

Some people listen once.

Others return to the same song many times.

Take your time.

You do not need to solve anything while you listen.

If a song helps you pause, breathe, or feel understood for a moment, that is enough.

If You Need Support

These songs are meant to help create a moment to pause and breathe.

Sometimes that moment is enough.

Sometimes a person needs more support than a song can provide.

If you are going through something that feels overwhelming, you do not have to handle it alone.

Talking with someone you trust can make a real difference. This might be a friend, a family member, a teacher, a counsellor, or another support person in your life.

If you feel unsafe, in immediate distress, or unable to cope, it is important to reach out for help as soon as possible.

Support services exist in many countries and are available to listen without judgment.

If you are unsure where to start, you can search online for youth support services or mental health helplines in your area.

Asking for help is a sign that you are taking yourself seriously. You deserve support during difficult moments.

If you are in immediate danger, contact your local emergency services.

Feeling overwhelmed

- It's Starting To Build
- Today Was Heavy
- I Don't Have To Decide Tonight

Feeling anxious or panicky

- You're Safe Right Now
- I Stay Steady
- Rest Tonight

Feeling invisible or alone

- I'm Still Right Here
- You're Not The Only One
- You Matter Here

Dealing with bullying or pressure

- You Don't Break Me

Feeling overwhelmed

Sometimes everything can feel urgent at once.
Thoughts race.
Decisions feel heavy.

These songs are here to help slow the moment down.

It's Starting To Build

Today Was Heavy

I Don't Have To Decide Tonight

Feeling anxious or panicky

Feeling alone can happen even when people
are nearby.

Thoughts start to move too fast.
The body reacts before anything makes sense.
Everything feels urgent all at once.

These songs are here to help
slow the moment down.

You're Safe Right Now

I Stay Steady

Rest Tonight

Feeling invisible or alone

You can be there and still not feel seen.
People are around, but it doesn't reach you.
It feels like you're separate from it.

These songs sit with that feeling.

I'm Still Right Here

You're Not The Only One

You Matter Here

Dealing with bullying or pressure

Things get said or expected.
You carry it, even if it doesn't fit.

These songs stay with that.

You Don't Break Me

IT'S STARTING TO BUILD



This song sits in the moments before things feel overwhelming. Small things begin to stack up, even if nothing has gone wrong yet.

Reflection

When have you noticed things starting to build, even if nothing had tipped over yet?

It's quiet when the day begins.
Nothing much is wrong.
Just a few things on my mind,
nothing I can't hold.

Something small I didn't do,
something I forgot.
Said I'd get to it later,
never really got.

One more thing gets added on.
Didn't feel it then.
Just a little more to carry,
same as it's been.

It's starting to build.

Thought I had some space today,
but it filled up fast.
Things I didn't deal with yesterday
still somehow last.

A message I haven't answered,
something I put off.
Keep telling myself I'll fix it,
but I never stop.

It's starting to build.

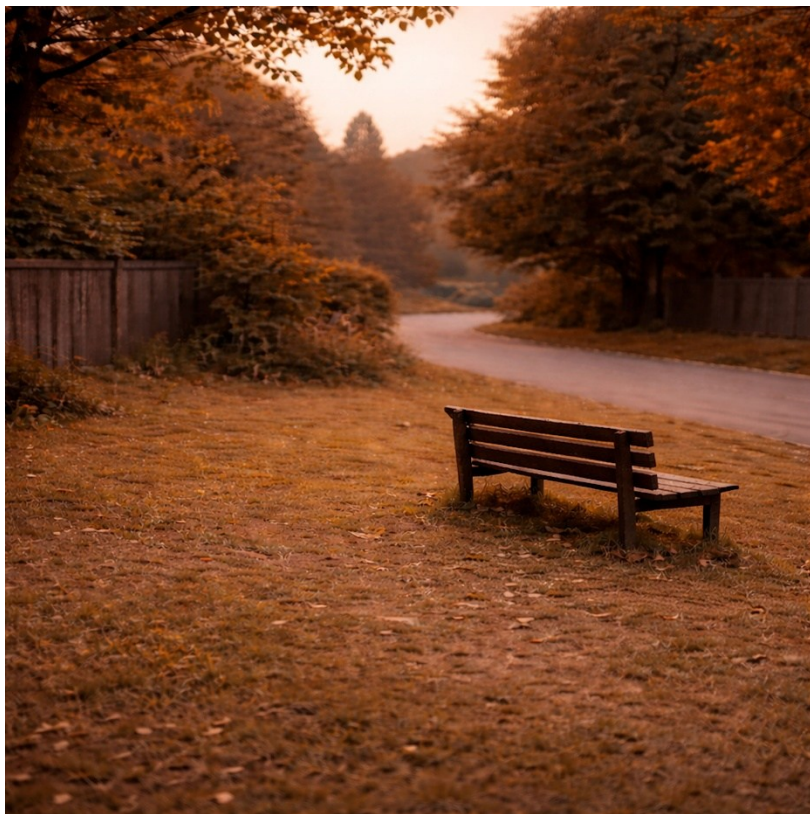
Nothing feels that different,
but something doesn't sit right.
It's all still pretty quiet,
just harder to keep light.

It's starting to build.

Nothing feels that different,
but something doesn't sit right.
It's all still pretty quiet,
just harder to keep light.

It's starting to build.

TODAY WAS HEAVY



This song is about the weight some days carry.

It sits with that weight without asking it to lift.

Reflection

What felt heavier than expected today?

The day moved fast, your heart moved slow.
Too many things you had to hold.
You kept your place, you stayed upright,
but something in you feels worn tonight.

Some days ask more than you can show,
more than anyone might ever know.

Today was heavy, you carried more than most can see.
Today was heavy, you managed all the weight somehow.
Today was heavy... today was heavy...

Some words stayed inside your chest.
Some thoughts kept you from rest.
You did your best, you stayed in line,
but quiet strength can take its time.

Not every weight is seen out loud,
not every struggle draws a crowd.

Today was heavy, you carried more than most can see.
Today was heavy, you managed all the weight somehow.
Today was heavy... today was heavy...

You're even still right here after everything today.
Nothing more now you need to carry or you need to say.

Today was heavy, you carried more than most can see.
Today was heavy, now the night can hold the rest.
Today was heavy... today was heavy...

Today was heavy... now you can rest.

I DON'T HAVE TO DECIDE TONIGHT



Things can feel urgent all at once.
Not everything needs to be decided tonight.

Reflection

What feels urgent right now that could wait until tomorrow?

Some things take time.

I don't have to decide tonight.

Tomorrow's not asking me yet.

It feels heavy just to wake up.
Thoughts don't really stop.
People talk like they know things,
I don't follow it.

I try not to think too far.
Just stay where I am.
If I don't move tonight,
that's how it is.

I don't have to decide tonight.
Tomorrow's not asking me yet.

Some of this was there before.
I don't need to trace it back.
It doesn't change how it feels.
It just stays.

The night is loud sometimes.
I don't answer it.
I just sit with it here
let it pass.

Some things take time.

I keep looking at the same things.
Nothing really changes.
I think about tomorrow,
then I leave it there.

I don't have to decide tonight.
Tomorrow's not asking me yet.

I'll stay here for now.
That's enough tonight.

I don't have to decide tonight.
Tomorrow's not asking me yet.

I don't have to decide tonight.
Tomorrow's not asking me yet.

Some things take time.

YOU'RE SAFE RIGHT NOW



Everything feels like too much.
In this moment, nothing needs to change.

Reflection

What helps you come back to where you are right now?

Some things take time.

My heart is loud,
my thoughts run fast.
The room feels small,
like it might not last.

But I am here,
my feet touch ground.
Tonight is wide,
and I am safe right now.

I'm safe right now.
I'm safe right now.
Nothing I must solve tonight.
I'm safe right now.

Breathe in slow,
let it out.
Nothing has to change tonight.
I'm safe right now.

The mind can spin
a thousand fears,
but this one moment
is still right here.

Some things take time.

The air moves soft,
the floor is strong.
This wave can pass
if I hold on.

I'm safe right now.
I'm safe right now.
Nothing I must solve tonight.
I'm safe right now.

Breathe in slow,
let it out.
Nothing has to change tonight.
I'm safe right now.

Slow breath in, slow breath out.
Let the silence fill the room.

I don't have to fight this now.
I can let the moment move.

I'm safe right now.
I'm safe right now.
Safe right now.
Nothing I must solve tonight.
I'm safe right now.
Safe right now.

Some things take time.

Breathe in slow,
let it out.
The night can stay the way it is.
I'm safe right now.

Safe right now.
I'm safe right now.

Some things take time.

I STAY STEADY



Things can move around you.
You don't have to move with them.

Reflection

What helps you stay where you are
when things feel unsteady?

Some things take time.

The room gets loud,
the air feels tight,
voices rise,
but I don't fight.
The world can rush,
the ground can shake,
but I don't move,
I don't break.

I feel my breath
come back to me.

I stay steady,
I stay slow,
I don't chase,
I don't go.

Storms can move,
clouds can be,
but they don't
move me.

They speak in waves,
they push and pull,
but I don't bend,
I stay full.

Some things take time.

I've seen the noise,
I've felt the spin,
but quiet lives
deeper within.

I feel my pulse
return to calm.

I stay steady,
I stay slow,
I don't chase,
I don't go.

Storms can move,
clouds can be,
but they don't
move me.

The wind can shout,
the sky can turn,
the tide can rise,
the fire can burn.

The roots grow deep
where none can see,
and what is still
is strong in me.

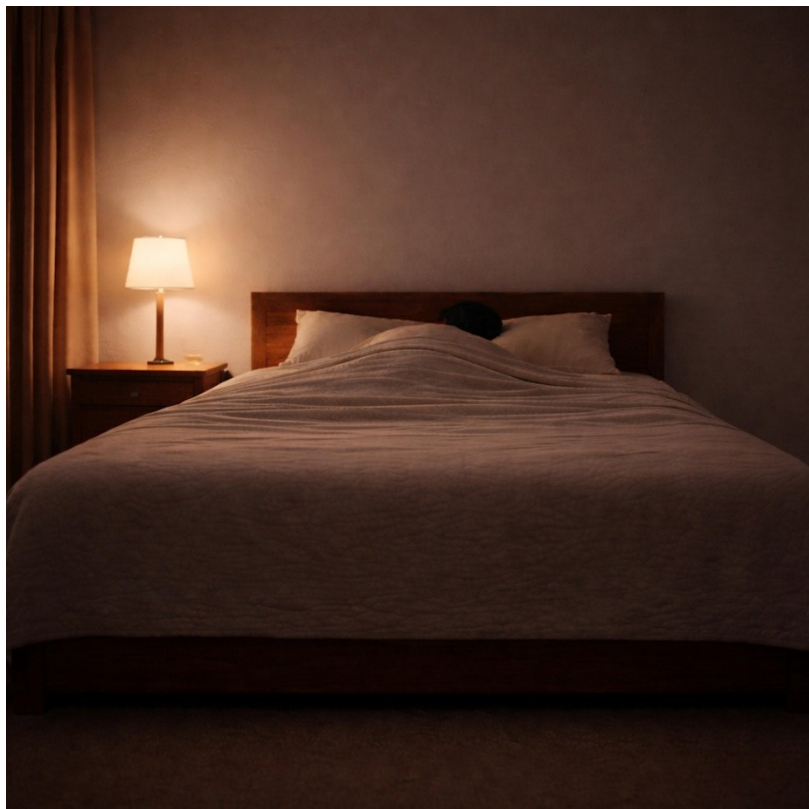
Some things take time.

I stay steady,
I stay slow,
I don't chase,
I don't go.

Storms can move,
clouds can be,
but they don't
move me.

Some things take time.

REST TONIGHT



This song is about letting the day come to an end.
It creates space where nothing needs to be resolved.

Reflection

What could be left as it is, just for tonight?

Some things take time.

The day is done, you made it through.
Nothing left you need to prove.

The noise can fade, the lights go low.
You don't have to carry it home.

Rest tonight, you can lay it down.
Rest tonight... nothing follows now.

The weight you held can leave your hands.
You don't have to explain it now.

Your thoughts can slow, they don't need to stay.
You can let them all drift away.

Rest tonight, you can lay it down.
Rest tonight... nothing follows now.

Slow breath in...
just for a moment...
let the quiet settle...
slow breath out...

Nothing to hold...
let it soften...
right now nothing's asking more.
You can leave it at the door.

Rest tonight...
Rest tonight...

Some things take time.

I'M STILL RIGHT HERE



You're still here.
Nothing else needs to change right now.

Reflection

What does it feel like to still be here right now?

Some things take time.

You don't have to talk.
You don't have to try.
You don't have to hold
anything inside.

You can let it sit.
You can let it be.
You don't have to fix
what you feel with me.

I'm still right here.
I'm still right here.
You don't have to move.
I'm still right here.

If the night feels long,
if the room feels small,
if your thoughts run fast
down the same hard wall.

You don't have to run.
You don't have to hide.
You can take your time.
I'll stay by your side.

I'm still right here.
I'm still right here.
Nothing has to change.
I'm still right here.

Some things take time.

We can sit in quiet.
We can breathe it slow.
You don't have to know
what you don't yet know.

I'm still right here.
I'm still right here.
Even if you fall.
I'm still right here.

I'm still right here.

Some things take time.

YOU'RE NOT THE ONLY ONE



It can feel like it's only happening to you.
Nothing around you reflects it.

Reflection

When has something felt like only yours?

Some things take time.

You sit in rooms that feel too loud,
even when no one is speaking.
You wear a smile out in the crowd,
but your hands are always shaking.

You think you're strange for feeling it,
like something's wrong inside,
like everyone else found the map
and you're the one outside.

But hearts like yours are everywhere,
quiet and brave, still hiding.

You're not the only one,
not even close.
There's more like you
than anyone knows.

Same late-night thoughts,
same heavy air.
More like you,
out there somewhere.

You scroll through lives that look so clean,
like no one else is breaking.
You measure yourself against a screen
and think you must be faking.

Some things take time.

But every hallway holds a ghost
of someone feeling small.
You're not the only quiet voice
pressed up against a wall.

There are others counting cracks
in ceilings just like you.

You're not the only one,
not even close.
There's more like you
than anyone knows.

Same silent rooms,
same whispered fears.
More like you,
right here, right here.

Across the street,
across the street.

Across the hall,
across the hall.

Behind closed doors,
through bedroom walls.

Across the town,
across the town.

Some things take time.

Across the years,

same hidden hopes,
same hidden tears.

You're not the only one,
not even close.

You're not the only one,
not even close.

Same kind of heart,
same kind of light.

More like you,
holding on tonight.

Not alone.

Some things take time.

YOU MATTER HERE



This song is about feeling unseen,
even when you are present.

It stays with that feeling without trying to change it.

Reflection

When have you felt present but not noticed?

Some things take time.

The room gets loud but no one turns.
The voices move but you stay still.
You sit in place and start to feel
like quiet hearts have no place here.

Even if no one says it out loud,
even if you're lost in the crowd.

You matter here even when you feel unseen.
You matter here even if you stand alone.

You matter here...
You matter here...

You watch the world move past your seat
as laughter rolls through the room.
You start to think you disappear
like quiet lives don't matter here.

Even if your name's not called,
even if you feel too small.

You matter here even when you feel alone.
You matter here even if your name's unsaid.

You matter here...
You matter here...

Some things take time.

Even when it feels like you're the only one,
there's a quiet place where you still belong.
You don't have to prove it to be real.
You don't have to speak it to be seen.

You matter here even when you feel left out.
You matter here even if belief is hard.

You matter here...
You matter here...

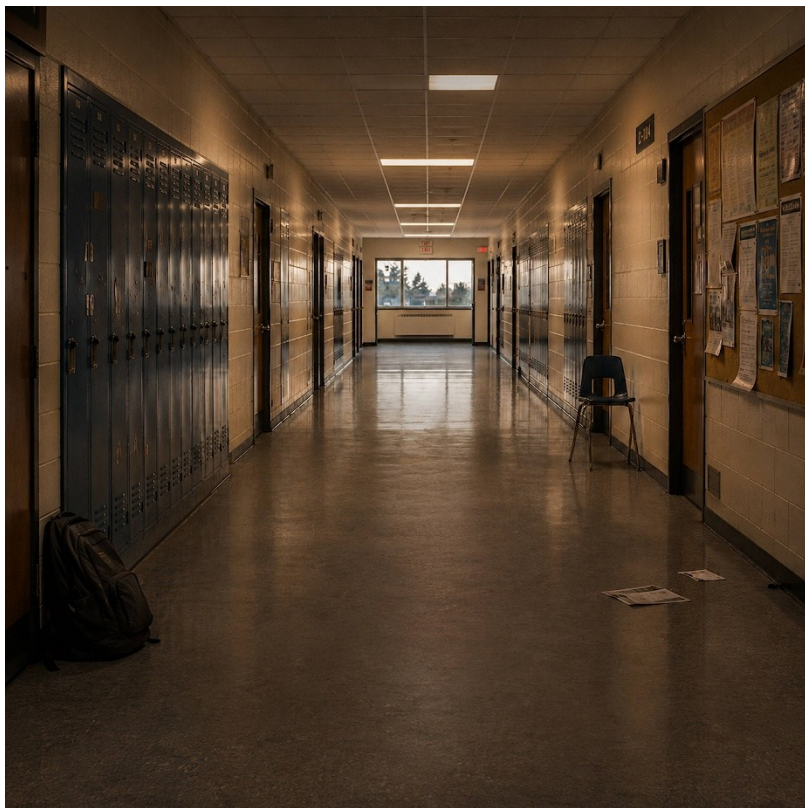
You matter here...
You matter here...

You matter here...

You matter everywhere you go.
You matter everywhere you go.
You matter everywhere you go.

Some things take time.

YOU DON'T BREAK ME



Things get said or expected.
You carry it, even if it doesn't fit.

Reflection

When have someone else's words stayed with you
longer than you wanted?

Some things take time.

In the hallway noise,
when the laughter starts,
when the whispers move
like they know my heart.

I keep walking on,
though it shakes my feet.
There's a quiet voice
underneath the heat.

It says breathe in slow,
let the moment pass.
They don't know my story,
they don't know my past.

You don't break me.
You don't break me.
I'm still standing,
I'm still standing.

When the screen lights up,
and the comments sting,
when the silence feels
like it means something.

And I don't strike it back,
I don't feed the flame.
I hold something deeper.
They can't take my name.

Some things take time.

It says stay right here,
let the storm roll through.
They don't get to decide
what is true of you.

You don't break me.
You don't break me.
I'm still standing,
I'm still standing.

I am more than the noise,
more than the stare,
more than the weight
they try to share.

I am here.
I am whole.
I am stronger
than I know.

Still here breathing,
still here breathing,
still standing now,
still standing now.

Some things take time.

Take Your Time

You do not have to solve everything today.

Sometimes the most important step
is simply staying here and taking
the next moment as it comes.

If one of these songs helped you pause,
breathe, or feel a little less alone,
then it has already done what it was meant to do.

You can return to these songs whenever you need.

And if you are still searching,
still growing,
or still finding your way,

that is okay.

Some things take time.

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