

Youth Toolkit

Songs for Difficult Moments

Booklet 02



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.

Some things take time.

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.

Some things take time.

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.

Some things take time.

Being hard on yourself

- I'm Too Hard On Me
- I Can Be Kind To Me

When hope feels distant

- I Haven't Found It Yet
- You Haven't Met Me Yet

Trying to move forward again

- I'll Start Again Tomorrow
- Nothing's Moving Yet
- Small Steps Count
- Something Can Shift

Feeling confused or uncertain

- I Can't Feel Much Right Now
- It Doesn't Need Meaning

Some things take time.

Being hard on yourself

The voice in your head doesn't let things go.
Small things get held onto.
It keeps pointing things back at you.

These songs stay with that.

I'm Too Hard On Me

I Can Be Kind To Me

Some things take time.

When hope feels distant

It's hard to see past what's in front of you.
Things don't seem to open up.
It feels like nothing is changing.

These songs stay with that space.

I Haven't Found It Yet
You Haven't Met Me Yet

Some things take time.

Trying to move forward again

There's a sense that something should change.
But it doesn't happen all at once.
Some days nothing moves at all.

These songs stay with that.

I'll Start Again Tomorrow

Nothing's Moving Yet

Small Steps Count

Something Can Shift

Some things take time.

Feeling confused or uncertain

Things don't quite make sense.
You look at them, but nothing settles.
It's hard to tell what any of it means.

These songs sit with that.

I Can't Feel Much Right Now

It Doesn't Need Meaning

Some things take time.

I'M TOO HARD ON ME



It stays in your head.
It keeps pointing things back at you.

Reflection

What have you been holding onto
about yourself lately?

Some things take time.

It's there as the day begins,
telling me I'm already late,
saying I should've done more
before I ran out of time,
like I missed something earlier,
something I can't go back and find.

It keeps a list I never wrote,
things wrong and things I missed.
Pulls it out without warning,
mostly on quiet days.
Even when nothing's happening,
it still goes on.

I'm too hard on me.
I don't know how to stop.
I'm too hard on me,
and it doesn't let up.
I'm too hard on me,
even when I'm still.
I'm too hard on me,
and it always will.

Tried to ignore it for a while,
turned the noise down in my head,
left space between thoughts,
tried not to follow what it said.
But it finds a way back in
through the things left unsaid.

Some things take time.

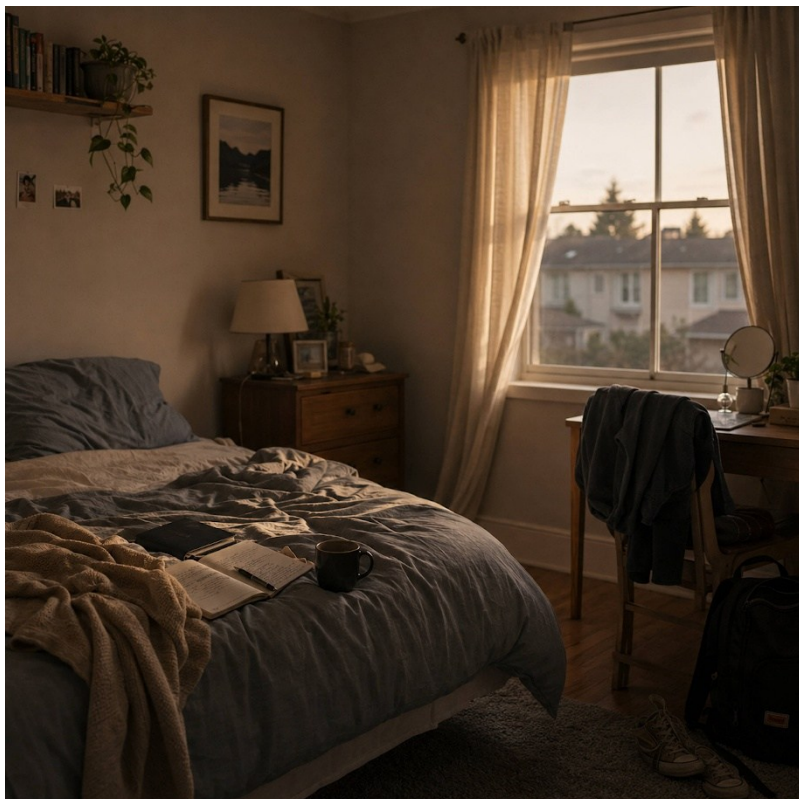
It changes shape a little bit,
but it always sounds the same.
Finds a way to point it back,
like I'm the one to blame.
Even small things feel bigger
when it calls my name.

I'm too hard on me,
even when I slow it down.
I'm too hard on me,
even with no one around.
I'm too hard on me,
even when I let things be.
I'm too hard on me,
and it stays with me.

It's quieter late at night,
but it never goes away.
Doesn't say it quite as loud,
but it doesn't really leave.
I don't say anything back,
I just sit with it and breathe.
I just sit with it and breathe.

Some things take time.

I CAN BE KIND TO ME



The way you speak to yourself stays with you.
It doesn't always ease up.

Reflection

What have you been saying to yourself lately?

Some things take time.

I keep replaying what I said,
like I could change the ending.
Every word inside my head
feels heavier than it should be.

I hold the past up to the light
and search for every flaw,
like I was never meant to fall,
like I should have known it all.

But maybe I was learning,
like everybody does.

I'm allowed to be human,
allowed to be wrong,
allowed to keep breathing,
even when I feel lost.

I don't have to punish
every mistake I see.
I can be gentle now,
I can be kind to me.

I measure myself against
a version I can't reach,
like every small misstep
erases something good in me.

Some things take time.

I talk to myself in ways
I'd never use on anyone,
like mercy is for other hearts,
but mine must carry on.

But maybe I was growing,
even in the mess.

I'm allowed to be human,
allowed to be wrong,
allowed to keep breathing,
even when I feel lost.

I don't have to punish
every mistake I see.
I can be gentle now,
I can be kind to me.

I don't have to earn
the right to rest.
I don't have to prove
that I did my best.

I can lay it down,
I can let it be.
What I'd give to someone else,
I can give to me.

Some things take time.

I'm allowed to be human,
allowed to be wrong,
allowed to keep breathing,
even when I feel lost.

I don't have to carry
everything I see.
I can be gentle now,
I can be kind to me.

I can be kind to me.

Some things take time.

I HAVEN'T FOUND IT YET



You keep looking for something that isn't there yet.
Nothing feels clear.

Reflection

What are you still trying to find,
without knowing what it is?

Some things take time.

Morning feels heavy.
Sky pressing low.
Steps feel uncertain.
Nowhere to go.
Voices like shadows,
pulling at me.
Still there's a whisper,
softly, "Just breathe."

I don't need answers.
I don't need light.
I just need courage
to stay through tonight.

There's more than this moment,
more than this fear,
more than the silence
closing in here.
I may not see it,
still I believe.
There's something waiting
beyond what I see.

Days don't stay broken.
Storms never stay.
Wounds can grow quiet.
Pain fades away.

Some things take time.

Hope can be hidden
under the ground.
Roots still keep growing,
safe without sound.

I don't need proof now.
I don't need signs.
I just need patience,
one breath at a time.

There's more than this moment,
more than this fear,
more than the silence
closing in here.
I may not see it,
still I believe.
There's something waiting
beyond what I see.

If I stay steady,
if I stay kind,
light finds the smallest
cracks in the night.

There's more than this moment,
more than this pain,
more than the shadows
calling my name.

Some things take time.

I may not see it,
still I believe.
There's something waiting
beyond what I see.

Beyond what I see...

There's more for me..

Some things take time.

YOU HAVEN'T MET ME YET



People see part of you and decide what it means.
It doesn't feel complete.

Reflection

When have you felt defined by something
that didn't fully fit?

Some things take time.

They say I don't fit.
They say I don't shine.
They laugh at my silence.
They draw their lines.
They think this is all
that I will be.
They only see now.
They don't see me.

I'm not finished.
Not even close.
There's more inside
than anyone knows.

You haven't met me yet.
Not me.
Not yet.
Not me.
Not me.
Not yet.
Not yet.

You haven't met me yet.
Not me.
Not yet.
Not me.
Not me.
Not yet.

You haven't met me yet.

Some things take time.

They measure my worth
by what they see.

They talk like they know
what I'll be.

But seeds in the dark
still find the sun,
and quiet hearts
still become.

I'm still growing.
Still becoming.
What feels small now
won't stay small for long.

Not broken.
Just beginning.
Not finished.
Still living.

Not done.
Not through.
There's more to me
than you knew.

You haven't met me yet.
Not me.
Not yet.
Not me.
Not yet.
Not yet.
Not yet.

Some things take time.

You haven't met me yet.

Not me.

Not yet.

Not me.

Not me.

Not yet.

You haven't met me yet.

Some things take time.

I'LL START AGAIN TOMORROW



You leave things where they are.
It doesn't feel like the time to pick them up.

Reflection

What have you been leaving for another day?

Some things take time.

The room is quieter now.
Everything's slowed down.
Nothing feels as loud,
but nothing's really gone.
It's easier to sit here,
not think too far ahead.

I said I'd get to things,
maybe later on.
Left them where they were,
just for now.
Didn't move anything,
just left it how it was.

I'll start again tomorrow.
I'll start again tomorrow.

There's space to think again,
but I don't go too far.
Every time I try,
I stop where I am.
Let the thought pass through,
then let it go again.

I'll start again tomorrow.

The light is getting low.
I haven't moved much yet.
Everything's still there,

Some things take time.

just waiting where I left it.
Nothing's really changed,
just quieter than before.

I'll start again tomorrow.

I'll start again tomorrow.

Some things take time.

NOTHING'S MOVING YET



Nothing has really changed.
It looks the same as before.

Reflection

What has stayed the same, even when time has passed?

Some things take time.

I thought something might have changed,
but it looks the same.
Same things where they were,
same thoughts in place.
Nothing really different,
just another day.

Time keeps moving on,
but I don't feel it move.
Days go past the same,
nothing really shifts.
I notice it a little,
then I let it sit.

Nothing's moving yet.

Tried to start again,
but I stopped halfway.
Didn't go too far,
just left it there.
Didn't pick it back up,
just walked away again.

Nothing's moving yet.

Things are still waiting,
right where I left them.
I see where they are,

Some things take time.

I don't go near them.
I think about it once,
then I leave it again.

Nothing's moving yet.

Everything's still here,
just like it was before.
I can see the space,
but I don't step through.
Nothing really different,
just quieter than before.

Nothing's moving yet.

Some things take time.

SMALL STEPS COUNT



You do something small.
It doesn't seem like much.

Reflection

What is something small you've done
without thinking much of it?

Some things take time.

We look at the road ahead,
it feels too far away,
like we're already behind
before we start.

Small steps count,
even when it's hard.
Every step you take
still moves something.

Small steps count,
you don't need to run.
Every road ahead
still begins with one.

You never know today
where one small step
may lead tomorrow.

We don't have to move fast
or prove anything.
Some days only ask
for a small step.

It doesn't look like much,
it doesn't change everything.
But something shifts
just a little.

Some things take time.

Small steps count,
you don't need to run.
Every road ahead
still begins with one.

You never know today
where one small step
may lead tomorrow.

Some things take time.

SOMETHING CAN SHIFT



This song is about change that happens quietly.

It stays with the idea that movement can be small.

Reflection

Have you noticed anything shift, even slightly?

Some things take time.

Something can shift...

You don't have to move at all.

You can stay just as you are.

Even sitting where you've been,
something small can shift within.

You don't have to change a thing
to feel a little different now.

Something can shift...

You don't need to see the change.

You don't need to rearrange.

Even in the quiet space,
something moves without a trace.

You don't need to know it's there
for it to slowly turn around.

Even something small can move
without asking anything of you.

Something can shift, even in the quiet now.

Something can shift...

Something can shift...

If it moves a little, let it move a little.

Nothing here is asking more.

If it shifts at all, even just a feeling,
that can be enough.

Some things take time.

Something can shift...

Something can shift...

Something can shift...

Something can shift...

Some things take time.

I CAN'T FEEL MUCH RIGHT NOW



Things are happening.
They don't really register.

Reflection

What feels distant or hard to connect to right now?

Some things take time.

Right now I can't feel much.

I can't feel much right now.

Things are happening around me.

I know they are.

I hear people talking.

I don't say much.

I follow what's going on,

but not all the way.

I try to notice things,

but it doesn't stay.

Something passes through,

then it's gone again.

I think I had a thought,

but I don't keep it.

I can't feel much right now.

I know what I should feel,

but it's not there.

I wait for something to come up,

nothing really does.

I check for it again,

still nothing there.

I can't feel much right now.

Some things take time.

I move through the day,
same as before.

I do what I need to,
nothing feels different.

I don't question it.

I just let it be.

The day keeps going.

I go with it.

Things keep moving,

I don't feel it much.

I notice that it's quiet,
then I stop thinking about it.

I can't feel much right now.

Some things take time.

IT DOESN'T NEED MEANING



This song is about not needing to explain everything.
It allows things to exist without needing answers.

Reflection

What are you trying to make sense of right now?

Some things take time.

You notice something sitting there.
You don't quite name, but it's still there.

It doesn't move when you look away.
It doesn't leave when you try to wait.

And maybe it doesn't need to make sense tonight...
Maybe it doesn't need a reason why...

It doesn't need meaning, you can let it be.
It doesn't need answers, you can let it breathe.

It doesn't need meaning...
It doesn't need meaning...

It might feel strange to leave it still,
to feel it there without a will.

But not everything needs you to try.
Not everything needs a reply.

Maybe you don't have to figure it out right now...
Maybe you don't have to understand it all...

It doesn't need meaning, you can let it be.
It doesn't need answers, you can let it breathe.

It doesn't need meaning...
It doesn't need meaning...

Some things take time.

If it stays unclear, it can stay unclear.
Nothing here is asking more.

If it has no shape, it can stay that way.
You don't have to solve it all.

It doesn't need meaning, you can let it be.
It doesn't need answers, you can let it breathe.

It doesn't need meaning...
It doesn't need meaning...

It doesn't need meaning...

It doesn't need meaning...

Some things take time.

Take Your Time

You do not have to solve everything today.

Some things can stay unfinished for now.

If one of these songs helped you pause,
or sit with a moment a little differently,
then that is enough.

You can return to these songs whenever you need.

And if you are still here,
still moving through it,
or still figuring things out,

that is part of it.

Some things take time.

Youth Toolkit
Songs for Difficult Moments
Booklet 02

Some things take time.