

Take A Walk Outside

Jo Downs

VERSE 1

5

Fma⁹ Fma⁹ Fma⁹/E



Some - times I just can't con - cen trate, thoughts buzz - ing a - round my head:___

5

Dm⁷sus Dm/C B^b6

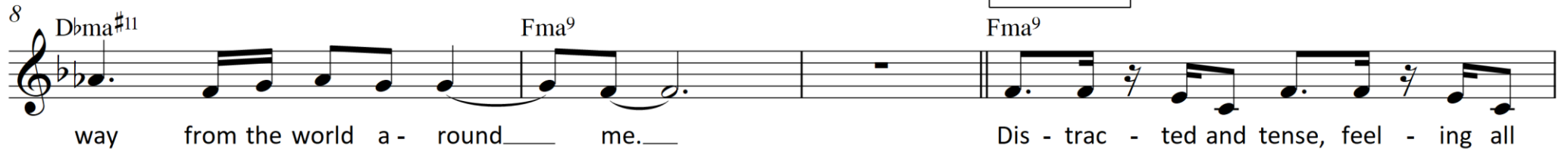


an - xi - e - ty, ne - ga - ti - vi - ty, keep flick - ing through so - cial me - di - a. Ta - king me a -

VERSE 2

8

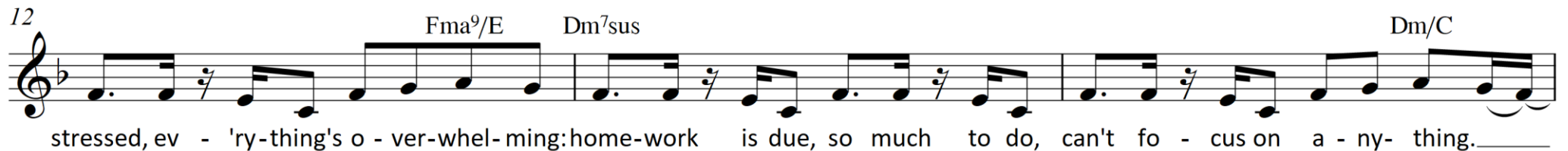
D^bma[#]11 Fma⁹ Fma⁹



way from the world a - round___ me.___ Dis - trac - ted and tense, feel - ing all

12

Fma⁹/E Dm⁷sus Dm/C



stressed, ev - 'ry-thing's o - ver-whel-ming:home-work is due, so much to do, can't fo - cus on a - ny- thing.___

15

B^b6 D^bma[#]11 Fma⁹



___ I feel far a - way from the world a - round___ me.___

2

CHORUS

18

Fma⁹ Bb⁶ Fma⁹ Dmsus⁷ Gm⁷ Gm⁷/C Fma⁹

Take a walk out - side, breathe the air in deep let your sen - ses come a - live.

26

Fma⁹ Bb⁶ Fma⁹ Dmsus⁷ Gm⁷ Gm⁷/C

Re-con-nect your mind, treat your-self with kind - ness and be mind-ful of your thoughts.

33

M8

Fma⁹ F⁹/A G⁹/B A⁹/C# Dm⁹ Abma⁷

Wake up to the sights and sounds of the pre-sent mo-ment: fo-cus-sing on some-thing takes an

VERSE 3

38

Dbma⁷ F⁹ Fma⁹ Fma⁹/E Dm⁷sus

xi - e - ty a way. Try co-lou-ring, try doo-dl-ing, try yo - ga, do a na-turewalk, read a book, go for a run,

44

Dm/C Bb⁶ Dbma^{#11} Fma⁹

lie down and find pic-tures in the clouds: a - ny-thing that helps re - store your mind

CHORUS

48

Take a walk out - side, breathe the air in deep let your sen - ses come a live.

56

Re - con - nect your mind, treat your - self with kind - ness and be mind - ful.

62

of your thoughts. And be mind - ful of your thoughts.