

Every day feels the same  
Caught in the endless game  
It's time to find a way  
To break free, and reclaim today

The days are long, the nights are few  
You give it all, but no one sees you  
Work and sweat, without a break  
Your body's screaming, but more you take

It's time, it's time, for a break  
Leave the work  
Leave the stress  
Find the joy that's at stake

In freedom, in peace, dive into life  
Return to yourself, find joy away from the strife

The boss sees numbers, never your face  
Praise is a dream, recognition misplaced  
Your soul burns out, your strength fades away  
A spark of hope, slowly decays

It's time, it's time, for a break  
Leave the work  
Leave the stress  
Find the joy that's at stake

In freedom, in peace, dive into life  
Return to yourself, find joy away from the strife

Listen to your heart, hear its plea

You need rest, you need to feel free  
The world keeps spinning, but you must pause  
Take the time to revive your cause

It's time, it's time, for a break  
Leave the work  
Leave the stress  
Find the joy that's at stake

In freedom, in peace, dive into life  
Return to yourself, find joy away from the strife

And when you come back, strong and clear  
You'll know that life is dear  
Live your happiness, find your light  
You are enough, don't lose sight