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Song of The Soul

"In this photo, um, it's, like, kind of an example how, like, sometimes when, like, I'm stressed out about something, I decide to play, um, like, music to, um, like, to calm me down a bit so I can, uh, go back into it, like, more calm... I mostly listen to -- mostly why I listen to music is background noise...I prefer, like, a song that doesn't really have lyrics when I'm trying to, um, calm down... it makes me, um, like, feel the process, like, what's going on better. And, uh, eventually, like, be able to, um, uh, like, be less stressed about it...I feel like the type of music you listen to can get you in, like, in a different -- like put you in different moods... for example, if you listen to some sad music, you're gonna be sad. You know what I mean? Like, it could really affect your feeling and how you're feeling in the moment... music is a very good way to cope with things because it's like... You could take out your anger while, like, singing a song with something, and then you could listen to something that makes you feel, like, happy if you're in, like, an upset mood... sometimes with, um, music, especially if, like, if I close my eyes, uh, during, like, a song I really like, sometimes I, like, I go into my imagination and thinking of a weird scenario during the song. But yeah. Um, it -- it really, um, helps another way to keep your mind off stuff and to make you feel better... "