

Reflections

7: What is the soundtrack for your day?



Music plays (no pun intended) a huge part of most people's lives.

**We hear it
everywhere:**



shops

games

radio

TV programmes

movies

The list goes on...

A close-up photograph of a hand holding a pencil, poised to write on a sheet of music paper. The paper is filled with musical staves and some faint notes. The lighting is warm and dramatic, highlighting the texture of the paper and the hand. The background is dark and out of focus, with some bokeh light spots.

Some of us listen to
music according to
how we feel.

Musicians can angle their music
with “emotional expression”,
expressing a particular emotion or
feeling through musical
composition and lyrics.

Many people find that they can relate their states of mind to certain songs or pieces of music.

Turning Tables (Adele, 2011) – possibly relatable for someone going through hard times with another person or feeling lonely.

<https://www.youtube.com/watch?v=weYP2TtxQjI>

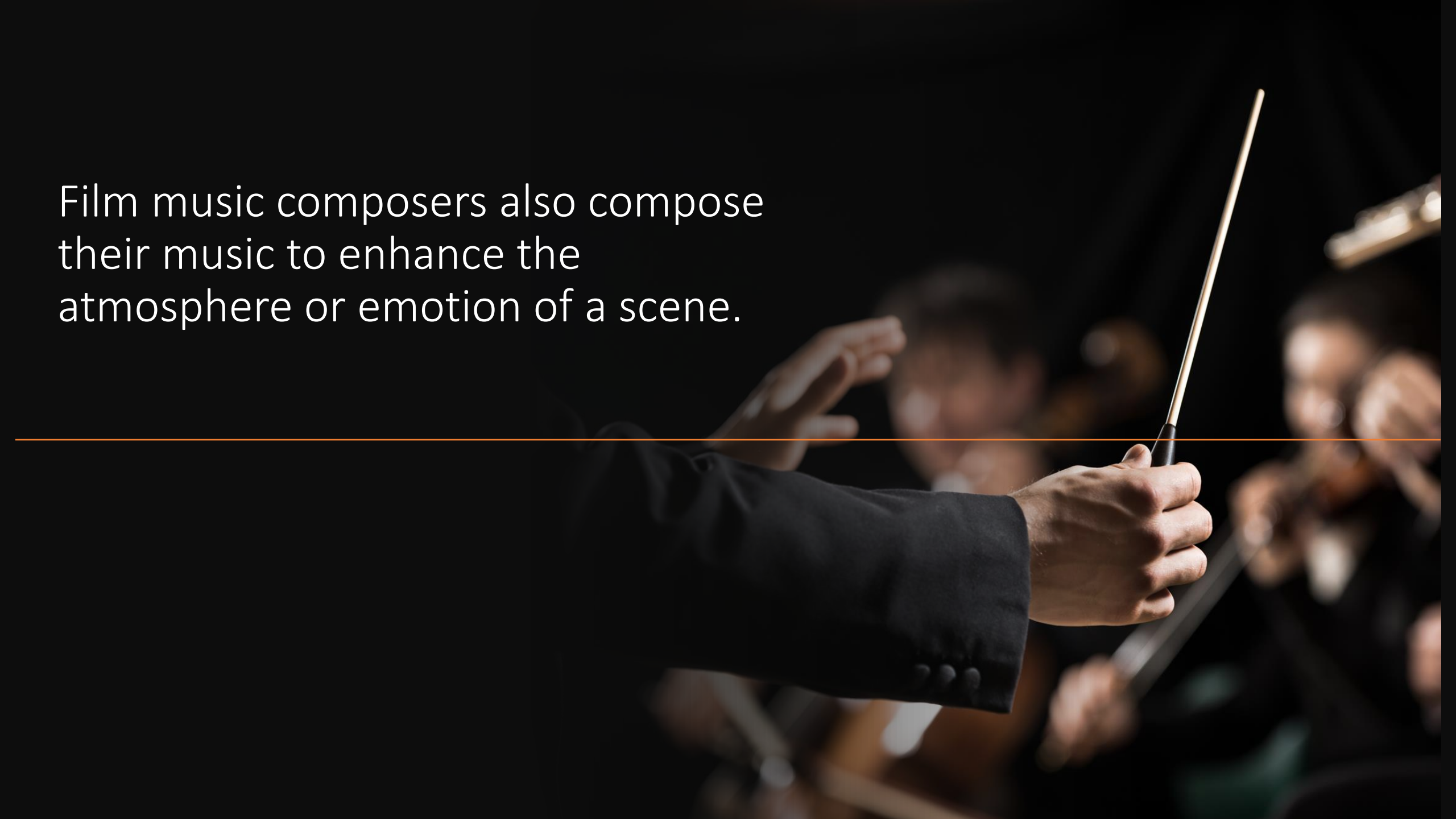
Skin Ticket (Slipknot, 2001) - possibly relatable for someone feeling angry or needing a boost in adrenaline – lots of power lifters listen to this type of music when lifting heavy weights.

<https://www.youtube.com/watch?v=4FEfRgMHg44>

Happy (Pharrell Williams, 2013) – possibly relatable for those who are feeling happy and content!

<https://www.youtube.com/watch?v=CiA4iWUht1s>

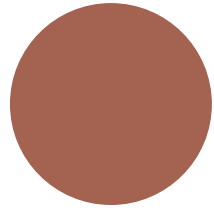
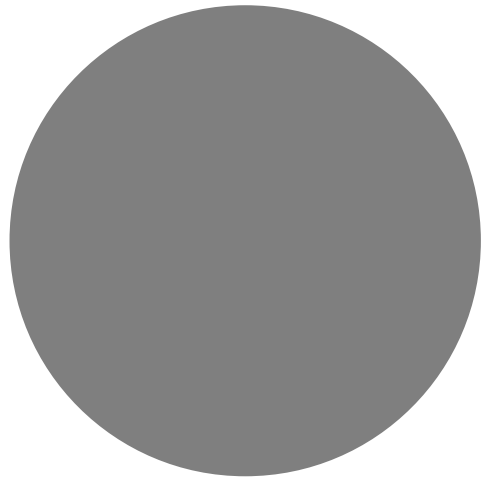
Film music composers also compose their music to enhance the atmosphere or emotion of a scene.



Listen to the changing feelings throughout this scene in Disney's Lion King (2019):

https://www.youtube.com/watch?v=e_XaNaTM_qA

Hear the portrayed sadness, until 0:56 where a transition begins into a hopeful sound, increasing in volume and rising in pitch. At 1:26, a transition happens into a feeling of triumph, with more instruments being added such as percussion and chanting vocals. From 1:59, the feeling is transitioned into happiness and success with a faster tempo and more voices for the final crescendo (increase in volume).



If your day had a soundtrack, what would it be like at the moment?

It is inevitable that our days will always have changing tunes and that is absolutely how it should be, as we stroll through our different experiences and emotions.

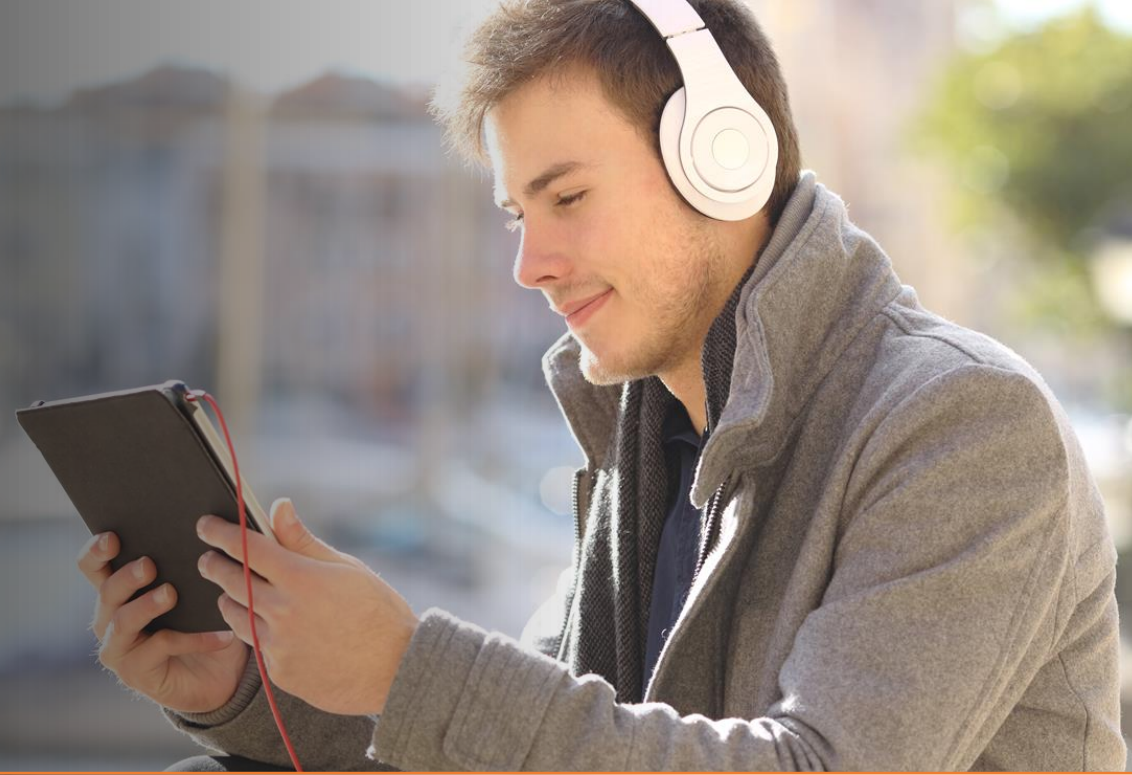
But now, in this tough time of staying in and not being able to socialise as much, we may find that our soundtrack is a bit more like the beginning of the Lion King clip: sad and deflated.



A dark, irregular ink blot with splatters on a white background. The blot is roughly circular but has jagged, uneven edges, with several smaller splatters radiating outwards. The text is centered within the dark area.

How can we change this?

Music therapy is an amazing tool to use to understand and possibly change the way we feel.

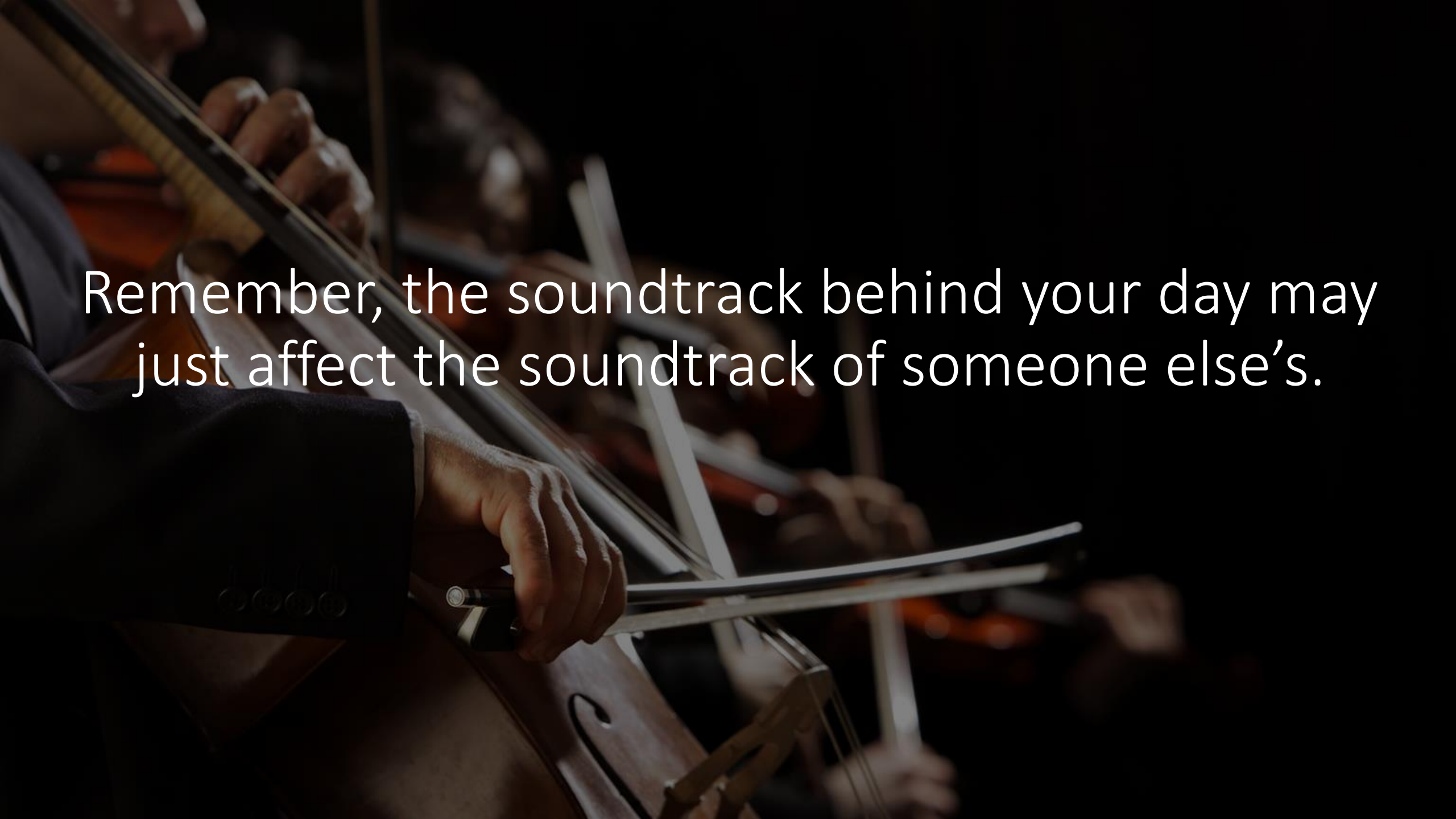


If you're feeling a bit low and uninspired, try listening to something uplifting, upbeat and positive – it may just give you the boost you need to do something productive and feel more optimistic.



Throughout the day, consider what music could be playing behind your actions and feelings.

Are you happy with it? Or do you want it to be different?



Remember, the soundtrack behind your day may just affect the soundtrack of someone else's.