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Peer Group Chat

Date: 18/05/23

Title: Songs As Soundtracks

Description: Songs and music can act as a really important soundtrack to accompany different moments and themes of our lives from aiding in celebrations of our highs to comforting consolation during our lows. Join us to talk about the impact music can have on our mental health, and how we can use it as a tool.

TideisTurning (PSW)	Hey @Snowie! Great to see you here :)
Amber22 (PSW)	Hi everyone. First, we'd like to acknowledge the Traditional Custodians of the various lands we are all joining this event from. We pay deep respect to the Elders of those Countries, past and present, and we further extend that respect to any Aboriginal or Torres Strait Islander people joining this group tonight. Welcome everyone to today's Peer Group Chat talking about Songs as Soundtracks.

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Amber22 (PSW)	<p>Tonight, Peer Support Workers @amber22 and @TideisTurning will be facilitating a discussion around the topic of Songs as Soundtracks. Whether you have lived experience of complex mental health issues, you care for someone who does, or both, it is important to recognise how music and songs might be able to help us cope with what we are going through.</p> <p>We'll be moving through a number of discussion questions tonight, and it's entirely up to you how much or how little you are comfortable with sharing. Some of the conversation may be heavy in nature as we talk about difficult times and memories that we have experiences.</p> <p>@tyme, who moderates on the SANE Forums, is working behind the scenes to ensure our safety. If you're having any technical difficulties, please see our FAQ (https://www.sane.org/peer-support/peer-group-chat/chat-faqs) or message @tyme.</p> <p>We're looking forward to creating a space where we can reflect and learn more together about Songs as Soundtracks.</p>
TideisTurning (PSW)	Hey @Meggle :)
Meggle	heya
Amber22 (PSW)	<p>Within this group tonight we'll be talking about:</p> <p>The role of music and songs in mental health and life generally</p> <p>Songs as a coping tool</p> <p>Music as a source of connection</p>
Amber22 (PSW)	Hey! @Meggle :) So glad to have you hear
Meggle	hi @Amber22 (PSW)
Amber22 (PSW)	Welcome everyone! We will be starting the discussion shortly and will just allow a bit more time for people to log on and join. In the meantime, feel free to introduce yourselves. I'm @amber22
Laura	Hello everyone

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Amber22 (PSW)	Hey @Laura :)
TideisTurning (PSW)	Hi @Laura :)
Meggle	hi Laura
Amber22 (PSW)	Hey! @Snowie
Snowie	Hi all
Meggle	Hiya @Snowie
Amber22 (PSW)	Hey! @Jacques :)
Amber22 (PSW)	Hello! Guest:)
Jacques	hello ladies, gentlemen and gender neutral peoples
Amber22 (PSW)	Q1: What role do music and songs play in your mental health and life?
Laura	I want to say it makes me worse lol at time when I listen to sad music.
Snowie	Music helps me calm down when I am stressed and anxious. Depending on the music is can help soothe me
TideisTurning (PSW)	Right with you there @Snowie
TideisTurning (PSW)	Music has a huge role in my mental health and life, as I'm sure it does for many. For me with mental health particularly, music and songs have provided validation of experiences, solace and comfort and consolation as well as providing an accompaniment for a good, classic (solo) dance party.
Laura	I do like a solo dance party
Meggle	Music is an Anthem to life. Depending on where my mental health is at the time will determine the kinds of music that I listen to. It can raise your spirits but it can also do the opposite.
Amber22 (PSW)	Solo dance parties are the best! @Laura

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Amber22 (PSW)	I feel that, whatever mood I am in will correlate with my music taste at the time @Meggle
Jacques	music for me play's a huge role in my mental health, most days I have music going for 10+ hours it helps drown out my thoughts and helps me calm down when I am anxious. without music I don't know if I would still be here
Snowie	it can help when I am depressed and can help improve my mood. I find however I have to be very specific about what type of songs I listen too
Amber22 (PSW)	Having music on in the background can help calm my thoughts a bit too, it helps me not to overthink as much if I'm listening to something, even a podcast sometimes @Jacques
TideisTurning (PSW)	Makes sense @Meggle. I feel like it can be useful to proceed with caution. I've also tried to make playlists before where it might start with those sadder songs to help validate, then go up with songs that are more encouraging
Jacques	yes me too @Amber22 (PSW) I mix it up too with pod casts. they are great, I use spotify so I'm spoiled for choice.
Amber22 (PSW)	Me too! Spotify is the best @Jacques
Laura	You know what I'm listening to music now hahaha
Snowie	@Jacques I use spotify too
TideisTurning (PSW)	Love it! Very on topic for this evening @Laura :)
Laura	hahaha
Laura	I'm listening to "it's ok" by Tom Rosenthal
Laura	sad lol
Laura	but not at the same time
tyme (PSW/ Moderator)	Do you find listening makes you feel better or is it more to validate how you are feeling? @laura

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Jacques	yeah @Snowie it really is the best, I have tried others but nothing else has the range. I have indulged a little and am a premium user, I think the \$10 is well worth it when I use it so much. the ad's used to make me so anxious because they where so loud
Meggle	I love 'Dance Monkey' by the Tones. It's such a fun song. It has been at the top of my list for a couple of years now
TideisTurning (PSW)	Ohh ok. I'll have to give it a listen later! There's another song by the same name from Imagine Dragons that I like :)
Amber22 (PSW)	Q2: Music and songs that we connect with can have some pretty powerful impacts on how we might understand our emotions, feel about a situation or relationships, empower us, etc. Why might this be, that particular songs resonate at particular times?
Laura	Dance monkey is so good
TideisTurning (PSW)	I know that one @Meggle! Have you heard On A Cloudy Day? That's a cool one!
Meggle	no but I will check it out @TideisTurning (PSW)
Laura	It helps to validate how we feel and it can feel as though the person singing is going through the same things like us.
Laura	Anyone like rihanna
Jacques	there is 1 song that brings me to tears, eminem was big when I was a teenager, I had stan on in my car the night my dad died, it still hits me hard when I hear it. my whole life changed that night, I lost my protector
Meggle	Oh I like it @TideisTurning (PSW) the words to Cloudy Day are great

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Snowie	I think particular songs resonate with me at different times. It helps me think that I am not the only one going through things and others have too and come out the other side. At other times it helps lift my mood by listening to different types of music. The lyrics in songs I think is really important
Amber22 (PSW)	Love Rihanna! @Laura
Laura	Yeah @Amber22 (PSW) listen to "stay"
Jacques	lately I have been listening to heilung and rammstein when I walk of a morning to give me energy. of a day I put on 90's alt as I enjoy the old stuff.
Amber22 (PSW)	Cloudy day is such a great song! @TideisTurning (PSW) @Laura
Meggle	I just added cloudy day to my liked songs
Meggle	I love old music
Meggle	anything before the 90's
TideisTurning (PSW)	Aww @Jacques. It can be so hard when a song becomes associated with a difficult memory. There's a particular song for me that I now associate with a lost loved one, because it played at their funeral. Those songs I cry at now
Laura	Then there is me that doesn't like old music my age probably plays apart
TideisTurning (PSW)	80's @Meggle? That's what I was raised on a lot of!
Meggle	Yes definitely 80's that was my teen years
Amber22 (PSW)	I do LOVE some 2000s music
Jacques	yes it is amazing how we can link events with something unrelated @TideisTurning (PSW) I often find a long will come on that triggers a memory or emotion, I don't know how our brains do that.
Jacques	sorry song will come on
Meggle	I do love 'I wish I were a punk rocker'
Snowie	I listen to a lot of classical music. I find that when things are really bad, listening to music without lyrics helps me. It can calm me down and lessen my anxiety.

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Amber22 (PSW)	Classical music is great, sometimes I listen to it in the car @Snowie
Meggle	When I take exams I listen to classical music before them
Amber22 (PSW)	Q3: How could songs be used as a coping tool for hard moments in life?
TideisTurning (PSW)	Ooh. I like that idea @Snowie. I must admit, some of my favourites by my favourite singer are accompanied by a symphony orchestra :)
Meggle	Well I think @Jacques answered that earlier. He said when he feels anxious he listens to music
tyme (PSW/ Moderator)	I don't mind classical. I think because I was exposed to it so much as a child when I learnt piano..... it was all classical music
Laura	I love classical as I do ballet it's so peaceful
TideisTurning (PSW)	I have a whole special curated playlist of music I've put together specifically for hard times. It's a mix of songs which can validate experiences or emotions, provide comfort or consolation and/or help calm me if I feel heightened. In this playlist, some songs are covers of other songs, and all of them are soft, quieter songs, because that way I am forced to slow down and listen in order to hear it properly and then have that validation, comfort and consolation follow from the lyrics after that.
Jacques	I often use music to cope in all aspects of my mental health I do find when I am in a deep depression or during difficult times, I put on really sad music, I don't know why, I'm drawn to it. I do find it does help
TideisTurning (PSW)	That sounds wonderful @Laura. Have you heard of Lindsey Stirling? She's a violinist who dances. Kinda classic, but perhaps with a modern twist :)
Snowie	I think it can be a coping tool as it helps express how we I am feeling. Sometimes I can to relate to the music and find comfort from the words in a song.
Laura	No I haven't @TideisTurning (PSW)

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Amber22 (PSW)	I get that, when I am feeling down sometimes listening to sad music makes me weirdly feel a bit better - I guess knowing that other people feel it too makes me feel comforted in a way @Jacques
TideisTurning (PSW)	Absolutely @Snowie. Music can be so magical in that sense sometimes!
Jacques	yeah it is so strange, I wish scientists would do studies into it @Amber22 (PSW) to find out what it is that makes us feel better.
Amber22 (PSW)	That would be really interesting @Jacques
TideisTurning (PSW)	I wonder if there might be a bit more of a sense of validation in that shared experience of emotion @Jacques @Amber22 (PSW)
Meggle	This question makes me think of the artist Sammi Constantine whom Sane had as a guest a little while back. She writes and sings songs relating to her mental illness and struggles. It is great to be able to relate to someone else going through similar things I guess
Amber22 (PSW)	Love that!! Her music is really relatable, it is very validating @Meggle
TideisTurning (PSW)	Yes @Meggle Love Sammi <3
Amber22 (PSW)	Q4: There's a saying 'where words fail, music speaks'. What does this mean for you in terms of how music might help you connect with others?
Jacques	Q4 I'm not sure, I don't really interact with too many people. sorry
Jacques	I doubt many people would listen to the music I listen to, nordic and german industrial

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TideisTurning (PSW)	For me, the idea of music speaking when words may fail, specifically as it relates to connection with others, is about how, when I may be struggling to explain something, especially an experience I might be going through, music, or a particular song, can sometimes be something I can point to that illustrates for someone else what it is trying to say or explain. Sometimes the same songs are the ones that help provide a sense of validation for me in relation to experiences and/or emotions. Has anyone else had a similar experience?
Snowie	I'm not sure if it helps me connect with others, I don't think it does. It is not something that I talk to others about. But I think it helps me connect with myself especially when things are really bad.
TideisTurning (PSW)	That's awesome @Snowie
Amber22 (PSW)	That's great that it helps you connect with yourself, I guess listening to songs and thinking that they connect you to yourself might be a shared experience as I'm sure others think that too - that's a bit of connection! @Snowie
Amber22 (PSW)	I'm very intrigued! @Jacques
TideisTurning (PSW)	Yes, feel free to share one of your favourites with us if you'd like @Jacques :)
Jacques	I know it is not everyone's taste but this is the latest one I have been listening too. there is another I will find it https://www.youtube.com/watch?v=SVbc_Fwbt50
Amber22 (PSW)	Q5: Music can be a real source of connection, whether in a large community of fans or special shared songs between loved ones. Tell us about a time when music has been made more special because of this kind of connection to a person or people.
Meggle	My Nana used to love Foster and Allen. She took me to a Foster and Allen concert. From that time on I listened to them a lot. They remind me of her. They are an Irish group

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Meggle	That does sound very different @Jacques listening to it now
TideisTurning (PSW)	Ooh. Irish music can have a lovely ambience sometimes @Meggle :)
Jacques	thank you @Meggle it is nordic, as I said it is not everyone's taste. I have never shared it before.
Meggle	I think I like it @Jacques
Amber22 (PSW)	Thank you for sharing it! @Jacques I look forward to properly listening to it
Amber22 (PSW)	I had a quick skim through and the video looks very cool!
TideisTurning (PSW)	I'll share a moment in a panel discussion I attended based around the theme of 'love' once, which ended with the entire (full house) crowd partaking in a pub chorus style rendition of 'All You Need Is Love' by The Beatles, at the enthusiastic request of one of the panellists. This has now given that song a really special meaning for me by attaching a fun memory to it.
Meggle	I have it playing on another window so can't see the video
Jacques	I'm glad you like it @Meggle , yes @Amber22 (PSW) it is about life and renewal.
Meggle	it is really beautiful
Snowie	My dad and I used to listen to a lot of classical music when he was alive. I think that is where I got the passion for it. Anytime I listen to it, I am reminded of him
Amber22 (PSW)	That's beautiful @Snowie
TideisTurning (PSW)	Awww @Snowie. That's beautiful <3
Jacques	oh thank you @Meggle I don't have any friends, so I'm sort of disconnected on what people listen to or what I should be listening to. so I'm sure my music tastes are not normal
Meggle	That's ok @Jacques I don't have friends either. My musical tastes are very eclectic
TideisTurning (PSW)	I don't feel like there's 'should' with music @Jacques. It's up to you and what you like!

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Jacques	I do the same @Snowie a lot of 80' music reminds me of my dad, he loved music, every night he had records on with his headphones, singing away. I still smile when I think of it.
Snowie	@Jacques I don't have many friends either. Listening to music is a very private thing for me.
Amber22 (PSW)	Q6: Do you have moments in your life that were made special, memorable, or meaningful from the presence of music? If you're comfortable to share, we'd love to hear more about it!
Meggle	Yes my wedding. We played songs by Marc Cohen. They are now special to me
Snowie	Not really @Amber22 (PSW)
Amber22 (PSW)	That is lovely! I can imagine wedding songs would be very special @Meggle
Jacques	lol my first thought was my dad singing the bee gees he loved them, he used to get the high pitched voice, mum and I still crack up about it. stayin alive was so so funny to listen to him sing. I'm laughing now as I type this.
Laura	My grade 10 graduation we had a song that made me cry but I can't remember what it is called it was beautiful and my friend played in on the piano
Laura	Don't you hate that when you can't remember
Meggle	https://youtu.be/sp6zoc84NcU
Jacques	another memory I have is when I was 6 or 7 they tried to get us to play a tune in class, they could not find any instrument I was good at, they gave me a triangle to ring one time in the whole song and I messed it up. I have no sense of rhythm. I still chuckle when I think about it.
TideisTurning (PSW)	It's tough @Laura. I wonder if you could google the lyrics if you can recall some of them. That's how I've found some songs that are really special to me!
Amber22 (PSW)	Aww! The triangle is the best @Jacques
Laura	https://www.youtube.com/watch?v=o2DXt1ISMNI
Laura	Maroon 5 - Memories

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Amber22 (PSW)	That's a great song :) @Laura
Jacques	oh that song is beautiful @Meggle
Laura	So many memories with it
Meggle	Thanks @Jacques I love it
Amber22 (PSW)	No pun intended @Laura
Jacques	I love his song walking in memphis @Meggle it was amazing
Meggle	Yes he has lots of great songs. I love Marc Cohn
Laura	No def not @Amber22 (PSW)
Meggle	Oh I recognise this one @Laura Memories, it's a great tune
TideisTurning (PSW)	Lovely Day by Bill Withers is a really special one for me <3
Meggle	Oh yes I like that one too @TideisTurning (PSW)
Amber22 (PSW)	Q7: What song/s are your go-to when you might need to feel uplifted, happy and/or empowered? This could be something that pumps you up, a kind of personal theme song or anything in between!
Laura	Taylor swift
Amber22 (PSW)	She is great!! @Laura
TideisTurning (PSW)	Ooh. Any in particular @Laura?
Amber22 (PSW)	Definitely solo dance party music @Laura
Meggle	Shania Twain
TideisTurning (PSW)	Classic @Meggle!
Jacques	my go to is rammstein or faithless
Laura	I like them all
Meggle	I also love a small American artist by the name of Eric Dodge. He has a song called 'Why Not Today'

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TideisTurning (PSW)	Some of my current favourites for a good happy, uplifting and empowering vibe are Suddenly I See by KT Tunstall, Lovely Day by Bill Withers and Everything by Becky Hill, which I believe may be from a movie soundtrack + the theme from Queer Eye is a good one too!
Snowie	My go to is Pink, Ed Sherren, Snow Patrol, Savage Garden and any musical. Very strange mix!!
TideisTurning (PSW)	Ooh @Meggle that sounds good! I've heard one 'Today Is The Day' that's quite good :)
Meggle	https://youtu.be/YQmZ39sH2aE
Laura	Sorry I've got to go and pick up my medication I forgot this morning and they close soon. I'll be back in the forums after.
Meggle	bye hun
tyme (PSW/ Moderator)	See you soon Laura
Amber22 (PSW)	See you on the forums @Laura :)
TideisTurning (PSW)	Thanks for joining us this evening @Laura! Was great to see you :)
TideisTurning (PSW)	All brilliant ones @Snowie! <3
Amber22 (PSW)	Q8: Have you learned anything helpful from others' experiences here tonight that you might be able to apply in your own life? If yes, what did you learn?
Meggle	I added a few songs to my spotify liked songs library
Jacques	I have learned that feelings and emotions from music is common and I'm not alone. the sad music thing comes to mind. and music is very individual to each of us.

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Snowie	That everyone has got different tastes and different experiences to music. That we can play it for many different reasons.
Amber22 (PSW)	Me too! Some great song recommendations tonight @Meggle
Amber22 (PSW)	Love those responses! @Jacques @Snowie
Jacques	I'm loving the variety of topics each week, @Amber22 (PSW) @TideisTurning (PSW) @tyme (PSW/ Moderator) it is so so interesting to me. thank you for all the time and effort that goes into these nights.
Meggle	@Amber22 (PSW) could you please consider running a topic on improving social skills?
Amber22 (PSW)	Aw that is so lovely, thank you for that wonderful feedback! @Jacques
Amber22 (PSW)	That sounds great! We will definitely make a note of that one for a potential future topic @Meggle
Meggle	thanks
Amber22 (PSW)	Q9: Tonight's topic may have brought up some heavy feelings as we talked about challenging times and memories that we may have experienced, and the songs that relate to those times. Would some self-care be helpful for you after we finish? If so, what might you do?
Meggle	dinner, tv, and chat to hubby
Snowie	I am going to make a cuppa, get into bed, write in my journal and then take my meds. In that order too!!
Meggle	I feel like my answer to this question is the same every week. But it's dinner time here lol
Amber22 (PSW)	I'm going to have a hot cup of tea and read some of my book
Jacques	tonight was a good topic for me, I think I will be putting on mark cohan walking in memphis. thank you @Meggle for helping me remember
Meggle	You are welcome @Jacques
Jacques	sorry marc cohn

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Jacques	well I'm off for the night , thank you for a wonderful evening, I really did have a great time bringing up memories and learning from everyone here. good night and hugs to all.
Amber22 (PSW)	<p>Here are some further resources we recommend having a look at:</p> <p>1 The Neuroscience of Hearing the Soundtrack of your life: https://www.psychologytoday.com/au/blog/the-athletes-way/201704/the-neuroscience-hearing-the-soundtracks-your-life</p> <p>2 Music Therapy and Mental Health https://www.youtube.com/watch?v=-io-uld2JFU</p> <p>3 Mental Health Resource for Music Workers (SupportAct): https://supportact.org.au/mental-health/</p> <p>4 Forums Topic Tuesday discussion on 'Music is Medicine' with professional musician, Sammi Constantine https://saneforums.org/t5/Special-Events/Topic-Tuesday-Music-is-Medicine-Tuesday-18th-April-2023-5-30-7PM/m-p/1275539#M14330</p>
Snowie	Thank you all, good night to all
Amber22 (PSW)	Thank you for joining us tonight! @Jacques Have a lovely evening :)
Amber22 (PSW)	Thanks for joining us snowie, and for sharing :) @Snowie
Meggle	https://youtu.be/ShZ978fBl6Y one last one for the workers here at Sane
Amber22 (PSW)	Aww that is lovely!! Thank you @Meggle
Meggle	Thanks for the discussion @Amber22 (PSW) @TideisTurning (PSW) @tyme (PSW/ Moderator)
Amber22 (PSW)	Thanks for joining us, have a good night! @Meggle
Meggle	Goodnight

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Amber22 (PSW)	<p>Thank you for joining, and we hope you enjoyed the discussion. You are more than welcome to continue the discussion over on the SANE Forums if you would like https://saneforums.org/t5/Social-Spaces/Peer-Group-Chat-Songs-as-Soundtracks-Thursday-18th-May-2023-7-8/m-p/1294841#M332362. Keep an eye out for the next Peer Group Chat discussion about 'The Misconception of Connection.'</p> <p>If you'd like to be informed about future Peer Group Chats, you can sign up to our mailing list here https://www.sane.org/peer-support/peer-group-chat. You can also ask questions for us to discuss in future peer chats!</p>
TideisTurning (PSW)	@Meggle. That's so lovely of you!