

# SANE

We're people like you

**Peer Group Chat**

**Date:** 04/08/2022

**Title:** Music and Mental Health

**Description:** From providing a means of connection, community, coping, creative expression, and being a soundtrack to accompany moments of our lives, music can be really important and powerful. Let's come together to talk about the impact music can have on our mental health, and how we can use it as a tool to help.

<b>Girasole (Peer Worker)</b>	<p>Hi everyone!</p> <p>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 music and mental health!</p> <p>We really value your thoughts on how these groups go, so we will send a link to a short survey at the end of this event for you to complete. While this survey is optional, it is a chance to provide feedback for us to improve our services. In case you might need to leave part way through the event, you can find the survey here now: <a href="https://sane.au1.qualtrics.com/jfe/form/SV_5uUFOsHJRKQ6wyW">https://sane.au1.qualtrics.com/jfe/form/SV_5uUFOsHJRKQ6wyW</a></p>
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<p><b>Girasole (Peer Worker)</b></p>	<p>Tonight, Peer Support Workers @TideisTurning and myself will be facilitating a discussion around the topic of mental health and music. Whether you have lived experience of complex mental health issues, you care for someone who does, or both, anyone can benefit from the impacts of music in their life.</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 could be heavy in nature as we talk about times we may have struggled with our mental health. @Oshun_Blu, a counsellor, is working behind the scenes to support our safety. If you're having any technical difficulties, please see our FAQ (<a href="https://www.sane.org/peer-support/peer-group-chat/chat-faqs#what-if-i-am-having-a-tough-time-and-need-immediate-support">https://www.sane.org/peer-support/peer-group-chat/chat-faqs#what-if-i-am-having-a-tough-time-and-need-immediate-support</a>) or message @Oshun_Blu.</p> <p>We're looking forward to creating a space where we can reflect and learn together about mental health and music!</p>
<p>TideisTurning (PSW)</p>	<p>Hi everyone :)</p>
<p>Oshun_Blu (Moderator)</p>	<p>Hey hey all :)</p>
<p>Girasole (Peer Worker)</p>	<p>We will be starting the discussion shortly, and will just allow a bit more time for people to log on and join 😊</p>
<p>Girasole (Peer Worker)</p>	<p>Hi @the magician ! Great to see you here again :)</p>
<p>TideisTurning (PSW)</p>	<p>Hi @the magician Great to have you with us again :)</p>
<p>Oshun_Blu (Moderator)</p>	<p>hey @the magician! Good to see you tonight :)</p>
<p>TideisTurning (PSW)</p>	<p>Hi @Captain24 :)</p>
<p>the magician</p>	<p>hi people! long day just awake.</p>

Girasole (Peer Worker)	It's been great to see you here often every single week @the magician ! We see and appreciate your regular commitment :)
Captain24	Hi
the magician	:heart_eyes: thanks
Oshun_Blu (Moderator)	hey @captain24! Great to see you tonight :)
Captain24	Thanks
<b>Girasole (Peer Worker)</b>	<b>Let's consider our first question for tonight's discussion: What role does music play in your mental health and life more broadly?</b>
the magician	its like a good book it lets you escape dance around and like living with a few heart strings
Captain24	I find certain styles of music help me to calm down when I'm in an elevated mood and sometimes help in a low mood.
Oshun_Blu (Moderator)	Music has been a big part of my mental health and life over the years. It can be a huge form of motivation for me, pull me out of those funks, and also allow me to access emotions that i may struggle to without it. One of my main tools for mental health for sure
TideisTurning (PSW)	Love it @the magician & yes absolutely @Captain24
Oshun_Blu (Moderator)	" a good book that lets you escape" ugh, felt that big @the magician
the magician	i play the guitar so the idea of actually memorising chords in order and singing along is a place I want to arrive at.

Oshun_Blu (Moderator)	very true, @the magician playing music can be just as important of a tool for mental health, mindfulness and creativity
TideisTurning (PSW)	A bit similarly to you @oshun_blu for me, music is a constant presence in my life. Music can be there in the background while life happens, and other times, music is a little more front and centre, such as when I'm seeing live music for example.
Girasole (Peer Worker)	Hi @Appleblossom ! Welcome, great to see you here :)
the magician	music and mental health , when i was sick for years in a row mum would know i was okay if i were listening to music singing. i had an unfounded ability to project my voice to the stereo and not care.
Oshun_Blu (Moderator)	Hey @Appleblossom ! Thanks for coming to chat, it's good to see you tonight
TideisTurning (PSW)	Hi @appleblossom! Great to have you with us :)
Appleblossom	Hello @Tide is Turning and Oshun and Girasole and all
Appleblossom	Music is huge in my life and has a complex relationship with my physical and mental health
the magician	today hearing voices at the dentist; earplugs and loud music (just to soften it a little) helped the voices go away. it still helps in big ways. if im anticipatory anxious at the checkout a stress ball and song in my head work.
Oshun_Blu (Moderator)	@Appleblossom so true, music can be a complex thing at times too. Very good point
<b>Girasole (Peer Worker)</b>	<b>If you have used music as a coping tool in life, what has that looked like? Or how do you imagine it could look?</b>
Oshun_Blu (Moderator)	That's such a great sensory tip, @themagician! So well prepared, I'm glad to know music helped you through that stressful situation

TideisTurning (PSW)	Music at something like the dentist is huge @the magician :)
Appleblossom	Great you are doing your own music @the magician
the magician	don't know where id be without my mp3player.
the magician	i use it to jog, garden, clean, passenger in the car, in bed.
Appleblossom	I was told this week to put some music on to calm down I had to explain that it would NOT help me. He should have known. I need a whole hearted whole body approach and not some passive listening. Though it can have an effect, music is more alive, than a mechanistic aid.
Oshun_Blu (Moderator)	I think music for me as a coping tool has changed shape in many ways over the years, but currently I use it a lot as a sensory support so much throughout my day. I have a lot of bluetooth speakers and keep them around the house, including the shower, whenever I need a quick boost or break, some stimming support, etc.
Appleblossom	I remember my mother introducing me to someone at the psych ward who was playing the piano, when I was 10.
the magician	the more i find I'm absorbed by music my own tunes as a writer have begun to emerge
TideisTurning (PSW)	Music as a coping tool, for me, looks like a bunch of carefully curated playlists of songs. I have a playlist to help validate overwhelm and bring me back to a calmer state and another playlist to help pump me up a little when I need to do something that feels big or important.
Oshun_Blu (Moderator)	"wholehearted, whole body approach". Such a strong statement there @Appleblossom about the immersive experience music can create in many ways
the magician	tide is turning: a great motoivater.

<b>Girasole (Peer Worker)</b>	<b>Music 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. Have you experienced this? If so, what's that been like? What was the impact?</b>
the magician	i have coped in the past when the traffic bothers me i like to listen to my neighbour religiously playing his piano.
Appleblossom	Playing through nostalgia collections on the piano, and allowing the music and emotional content shift through me.
the magician	i like the fact that certain lyrics and sounds you can identify with and are almost joined to in a creative consciousness. like an aerial love between singer and listener.
Appleblossom	Also music of all sorts is a great cultural container of many aspects of being alive and being human. Taught me more about what is "normal" than text books.
the magician	absolutely!
Oshun_Blu (Moderator)	I have definitely experienced those impacts in a variety of ways. I have often had very physical responses to music, much like @Appleblossom said about the whole body approach. And through those physical responses, I have been able to connect my emotions to the physical response, follow it down and get in touch with the emotion sitting under the physical response from whole body skin tingles, to the lesser enjoyable sensations and everything in between
Girasole (Peer Worker)	I think some of the more powerful ways music has impacted me has been where themes of empowerment have inspired me to seek out better conditions for my life than I was in, and move away from situations that weren't good for me, towards healing
TideisTurning (PSW)	Absolutely @Appleblossom. Such an amazing point!

Appleblossom	So many songs, of love, or drinking, of fun and humour and tragedy ...
the magician	sounds a bit like tantric. i guess when a song really moves you and takes you to another realm/space
TideisTurning (PSW)	I think this is a big part of the reason music can be such a powerful coping tool, because it can help provide validation and enhance understanding of things, or even act as a prompt on occasion. Having a sense of validation can feel like being heard, so it often helps lessen the intensity of emotions if I'm feeling overwhelmed for example (hence the overwhelm playlist). Most of the songs on my overwhelm playlist are quieter and gentler, which can serve as a reminder to slow and quieten down a little and further promote lessening the intensity of what I'm experiencing, while still validating what I'm experiencing. In terms of enhancing understanding, I feel like this is where a common saying 'where words fail, music speaks' can come in. If I'm struggling to articulate something to someone, but there's a song or piece of music that resonates with me because of those things, I can share it to help someone else understand what I've been struggling to explain. In much the same way, I can sometimes understand what someone else may have been trying to explain to me through music, especially when there might be a narrative attached (such as when there's a story in the song or the song is from something like a musical, and therefore part of a bigger story).
Oshun_Blu (Moderator)	Love that insight, @Girasole. Music is so empowering, and I'm so glad it has supported you to feel that power!
the magician	great insight. a lot of the questions aske to me by young nephews the answers come from songs because they're about life. but eloquently put.
Girasole (Peer Worker)	I'm loving hearing about all the ways music impacts us! :)
Oshun_Blu (Moderator)	very eloquently put indeed, I can really feel your passion and connection to music in those words @TideisTurning (PSW)
<b>Girasole (Peer Worker)</b>	<b>Music can connect us to others and entire communities of fans. If you've experienced this kind of collective connection, what has that been like for you and what impact has it had?</b>

Appleblossom	I do not like the fan thing .. as it triggers me into the aspects of deprivation I have experienced. Not having access to pop culture and being socially excluded because of it. SO it can also divide and conquer. As in the metal people and opera types often do not communicate, but I do know of one exception to the rule ... where a metal singer launched an operatic career. lol
Oshun_Blu (Moderator)	oh my goodness, I used to be really into this band as a teenager and connected to an entire community through posting to the forum on their website. I wound up making friends with all kinds of folks, and met a former partner through that community. I still keep in touch with some of them to this day despite having moved overseas too. I had forgotten about those days, so this question was a nice chance to reflect :)
TideisTurning (PSW)	That sounds really hard @appleblossom. I'm so sorry to hear of what you've experienced!
Appleblossom	It is why I said it was COMPLEX, but also work and an income for me. Not wanting sympathy, but acknowledgment of the complexity. I am for the active participation in music and those connections when people are actually MAKING MUSIC TOGETHER.
the magician	i lost reception there, i was at a concert where i had the perfect seat. "the greatest view" came on as the singer looked like i was his focal point. gave new meaning to the name of the song
TideisTurning (PSW)	Absolutely. Connectively & collaborating on music :)
Appleblossom	For me there was a lot of heavy judgment about music choice. Many really thought rock and roll was DEVILS music and somehow I was caught in the middle of all that.
Oshun_Blu (Moderator)	@Appleblossom I'm really getting a sense of that the complexity of music has been a huge part of your life, and how you have transmuted some of those bigger challenges into opportunities to connect and build communities around it that are authentic. That's really cool
Appleblossom	@the magician that sounds wonderful. It was a technique I was taught: to choose an audience member and sing to them.



<b>Girasole (Peer Worker)</b>	<b>Have you ever made a friend or developed connections through a shared interest in music? What has that been like for you?</b>
Appleblossom	Thank you @Oshun_Blu (Moderator)
the magician	working bussie/barista in cabaret or nightclub entertainment, singing along.
the magician	made sweeping up cigarette butts bearable
TideisTurning (PSW)	Being connected through music can be a really special experience :)
Appleblossom	I played piano while another mother conducted and ran a choir at my children's primary school. She had kids same agas my children,. I still sometimes run into her at Professional Development stuff.
Oshun_Blu (Moderator)	hahaha been there @the magician
Oshun_Blu (Moderator)	I'm a bit of a band geek from way back, so my first friends through shared interest would have been some of my school band buddies! And since then music has brought me to many partners, best friends, etc. I have a whole group of friends who I have gone to camping festivals with in the past, and some of those friends are people I met at other festivals too haha
<b>Girasole (Peer Worker)</b>	<b>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! 😊</b>
Appleblossom	Lots of memories and experiences. I am grateful for that.
Appleblossom	Love music festival ... all styles.
the magician	cinnamon lip you're headed for a breakdown as a line of a song used as a mantra to get through a breakdown, comforting almost validating the experience

Oshun_Blu (Moderator)	Many songs have been part of so many experiences, but in this moment I have one particular memory which stands out in the form of the song, 'Box of Rain' by Grateful Dead which helped me with a loss as a child. That song will always occupy a special place in my heart now
Oshun_Blu (Moderator)	@the magician will have to check that one out, thanks for the share!
TideisTurning (PSW)	Song lyrics as quotes & mantras are so awesome, also for comfort & validation. A go to of mine is "storms will pass through the night, they're just on their way, you're gonna be fine".
TideisTurning (PSW)	I also love Mad World, originally Tears for Fears, but there's a slower version, with piano I think, that I find really powerful
Appleblossom	Yep My daughter got that, and loved it when I played it on piano.
Girasole (Peer Worker)	There are so many! There could be music that's shared in a context of being with others, or sometimes I listen to an album as it comes out when I might happen to be travelling or in a different location - so then the music later reminds me of the details of being somewhere nice and those memories of travelling too :)
Oshun_Blu (Moderator)	Love that lyric @TideisTurning (PSW)
Appleblossom	Thanks for letting us know about Pollyanna @the magician cool Aussie band.
the magician	not the same as the chair though!
Appleblossom	Silver? or Glenn Goulds chair?
the magician	i was in need of some unwinding and turned on the tv after technology difficulties. Adele was performing. i hadn't really heard her and now five of her songs are on my playlist i was so moved. in the last week.
the magician	silver

<b>Girasole (Peer Worker)</b>	<b>Would you have any music recommendations? E.g. songs, artists, albums...?</b>
the magician	i love music that speaks your spirit/ heart
the magician	emotion sickness silverchair
Appleblossom	@the magician lol thanks for clarification. My son went mad on Glen Gould and his low chair ... different world huh?
TideisTurning (PSW)	That's the best when you unexpectedly find someone awesome unexpectedly @the magician :)
Appleblossom	We like "the chair" here too.
Oshun_Blu (Moderator)	unexpected finds can be some of the best finds, hey @the magician. That's great that you were able to uncover a new appreciation for Adele with that openness
Oshun_Blu (Moderator)	In terms of recommendations, I have been loving this song called 'Dread in my Heart' by a band called Mother Mother. It's a good one for those really hard mental health days but you still have to do the human adult things
Appleblossom	I am not up with modern stuff, but like following recommendations.
TideisTurning (PSW)	There can be some real classics! :)
Appleblossom	Mother Mother are coming here in 2023
the magician	starting today: Natalie Imbrulia helped me make a decision about my long term sleep patterns . that starting today i was better off with 9 hours sleep and up at 6.30am than midnight and 8am which didn't work. my decision has changed my ability to properly participate in life.

Oshun_Blu (Moderator)	@Appleblossom oh cool! Might have to investigate that further!
Oshun_Blu (Moderator)	@the magician oh wow, that is such a cool example of the sometimes unexpected ways music can impact life!
TideisTurning (PSW)	I like a lot of things from the 80's- Tears for Fears, Duran Duran for example :)
the magician	completely changed it!
Oshun_Blu (Moderator)	80's are great! Many classics, much synths. Great tune choices there!
the magician	and the mullet is back in.
Appleblossom	ha ha
Appleblossom	I did get a involved in Band culture for a few years in the 80s.
Appleblossom	Dragged along by a girlfriend from work.
the magician	i wanted to move to the beach surf and play in a girl band haha
Appleblossom	I did move to the beach, surf, but only played in mixed bands ha ha
the magician	i still think id do an album just for me with a sexy pic on front haha
Appleblossom	My mother did a recording and my sister has a few albums out. I am mainly on big ensemble albums, guess I am on a few now. Good to remember that. all Hush hush anon tho
the magician	i worked at stage club which was a huge venture for mental illness community and bands to play. back in '07

<b>Girasole (Peer Worker)</b>	<b>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?</b>
TideisTurning (PSW)	Oh that's amazing! @appleblossom . I really appreciate your attention to maintaining :)
the magician	the beauty of music it doesn't matter your diagnosis. its universal.
Appleblossom	Sounds great @the magician In 2015 I was upset when I asked a group I was singing with to enlist in a suicide event, just say they supported it, but they were too snobby to besmirch their name. The lady who was president works in the field, in on the net boasting about being trauma informed. For real ... it is still a mixed bag.
Oshun_Blu (Moderator)	I loved hearing the way others have articulated their experiences and memories through the power of music, and the ways it has helped to connect to different parts of one's own humanness. Am also taking some cool recommendations to check out too!
TideisTurning (PSW)	Ooft. That's tough @Appleblossom. Stigma can be such an awful blocker :(
Appleblossom	A lot of other reputable classical musicians supported the initiative.
Girasole (Peer Worker)	I really liked what you said earlier @Appleblossom - "Also music of all sorts is a great cultural container of many aspects of being alive and being human. Taught me more about what is "normal" than text books." :)
the magician	its a great therapy and expression of self,. can turn breakdowns into breakthroughs.
Oshun_Blu (Moderator)	'can turn breakdowns into breakthroughs', wow. love that
the magician	its mood related isnt it?
Appleblossom	mood and culture... so very psychosocial .... buzzword of the moment.

the magician	its even first aid!
TideisTurning (PSW)	A couple of standouts for me; "its like a good book it lets you escape dance around and like living with a few heart strings" – @The Magician"Also music of all sorts is a great cultural container of many aspects of being alive and being human. Taught me more about what is "normal" than text books"- @Appleblossom
Oshun_Blu (Moderator)	@appleblossom when you expressed the complexity of music and the wholehearted, whole body experience, I really felt that. definitely another takeaway for me tonight
<b>Girasole (Peer Worker)</b>	<b>Would some self-care be helpful for you after we finish? If so, what might you do? 😊</b>
Oshun_Blu (Moderator)	listen to music! haha
Oshun_Blu (Moderator)	But seriously, this chat has got me itching to listen to some tunes haha
TideisTurning (PSW)	Music definitely!
Appleblossom	Go and play some piano. Have not touched it today and am trying to get back in regular practise.
the magician	Adele and wanting to check out Daniel Johns' electronica.
TideisTurning (PSW)	Amazing. Playing music sounds really relaxing, particularly piano :)
Appleblossom	Great session thank you all
the magician	i admire your musical abilities
TideisTurning (PSW)	As do I :)
Oshun_Blu (Moderator)	Thank you both for your engagement and sharing those deep insights! such a special chat tonight

<p><b>Girasole (Peer Worker)</b></p>	<p>Here are some further resources we recommend having a look at:  <b>1: 6 Benefits of Music for Your Mental Health</b> <a href="https://www.palladiumprivate.com/blog/6-benefits-of-music-for-your-mental-health/">https://www.palladiumprivate.com/blog/6-benefits-of-music-for-your-mental-health/</a>  <b>2: Music Therapy and Mental Health</b> <a href="https://www.youtube.com/watch?v=-io-uld2JFU">https://www.youtube.com/watch?v=-io-uld2JFU</a>  <b>3: Mental Health Resources for the Music Industry</b> <a href="https://supportact.org.au/resources/mental-health-resources/">https://supportact.org.au/resources/mental-health-resources/</a></p>
<p>TideisTurning (PSW)</p>	<p>Thanks so much for being here and sharing this space with us @Appleblossom &amp; @the magician</p>
<p>the magician</p>	<p>thanks goodnight and see you next week</p>
<p>Girasole (Peer Worker)</p>	<p>Thank you so much everyone :)</p>
<p><b>Girasole (Peer Worker)</b></p>	<p><b>We'd like to invite you to complete a survey reflecting on your experience in this Peer Group Chat. We'd love to hear any feedback you may have. It will only take a few minutes to complete. Please click this link: <a href="https://sane.au1.qualtrics.com/jfe/form/SV_5uUFOsHJRKQ6wyW">https://sane.au1.qualtrics.com/jfe/form/SV_5uUFOsHJRKQ6wyW</a></b></p>
<p><b>Girasole (Peer Worker)</b></p>	<p><b>Thank you for joining, and we hope you enjoyed the discussion 😊 If you'd like to be informed when our next Peer Group Chat will be taking place, you can sign up to our mailing list here <a href="https://www.sane.org/peer-support/peer-group-chat">https://www.sane.org/peer-support/peer-group-chat</a>. You can also ask questions for us to discuss in future peer chats!</b></p>