

LEITH ACADEMY WELLBEING WEEK

Day #4 – ESCAPE

“I don’t know how to function without music. When I’m not making it, I’m listening to it. It gives me courage and takes care of my mind.” **BILLIE EILISH**

Today’s video looks at the power of music and how it can help us escape what is going on around us, providing us with positive havens to elevate our moods, or soundscapes to help us focus. This can be through playing music and working on your skills with a musical instrument, through creating music digitally maybe with some DJ decks, or just listening to music and how it can take us away from struggles and stress.

Carly in S6 has been researching how playing an instrument supports your wellbeing:

By focussing on practicing your instrument, you can forget about your problems and stresses of the day and express your feelings while playing or writing a song. I have found that 89% of adults said that playing an instrument positively affects their mental health and 75% of British people said they play an instrument to unwind or de-stress. Personally, I find learning a new instrument or piece of music gives me a sense of accomplishment and satisfaction.



In the video, the festival's Chorus Manger Gemma suggests the following links for online choirs if you are interested in doing some singing to boost your mental health:

[Gareth Malone's Great British Home Chorus](#)

[Choir Cast](#)

[The Voice Project Scotland](#)

Listening to music can be something you do after schoolwork and wind down from your studies, or you can listen to music to help you focus when studying. Each year the International Festival presents some of the best musicians from all over the world. You can find a wide range of artists on our **[Spotify account](#)**, and below are some links to some special classical recordings from summer 2020, as well as the Festival's YouTube channel.

**[Edinburgh International Festival:
Chamber Music Highlights 2020](#)**

**[RSNO perform Mahler's Symphony No.7
\(Arr. For Chamber Orchestra\)](#)**

[Edinburgh International Festival's YouTube Channel](#)

And if there is not something there that takes your fancy, why not make your own playlists of songs that make you feel good.

