



University of  
South Australia

**Bupa Wellbeing Competition**

# Music to free your mind

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Music is the language we all can speak. Music is the audible masterpiece our ears need to hear and our hearts need to feel. In overwhelming moments, music can be the perfect matchmaker for your mood, making you lose yourself in the lyrics of your favourite song, and the perfect escape into the corners of your imagination.

I find in songs or melodies I can escape reality, from the worries of everyday life. I can listen to my favourite songs and just forget about life for a while. I can watch the world go by and yet no one will know what I'm listening to but me, like my own little freedom in our modern-day business. I am able to link my music to memories, places or the ones I miss. Music can empower us and give us motivation, re-energise our moods, and encourage us to do better and go further, it's a way that we can express ourselves without saying a word ourselves. Through generations, music has always brought people together and can be linked to moments in history that have moved us in some way. To me, it's truly inspiring how we are still listening to music from decades ago that we can all still feel and relate to today. I sometimes wonder, when those older songs were released before I was born, what may have been happening in that time or what inspired them to write that song or how they lived life. Music enables us to overcome challenges, laugh or cry, soothe our minds and sleep easily.

Being an international student away from home can definitely be hard and getting used to not having loved ones around can become overwhelming and can consume you at times. So, whenever I do miss my family, I know their music, the songs that make them happy linked with moments we've shared together listening to those songs. In this, it can really bring me peace in times of stress. I just put my headphones on or play the music out loud or in my car and just focus on the lyrics that are being sung, the meaning behind it and completely lose myself in the music, the moment...

Music can be one of those things we really don't appreciate enough and the impact it can make on us and our feelings. In fact, music is proven to release dopamine – our 'feel good hormone' – so next time you feel down, play that favourite song and release some of those happy hormones!

MUSIC GIVES A SOUL TO  
THE UNIVERSE, WINGS TO  
THE IMAGINATION AND  
LIFE TO EVERYTHING -  
PLATO



Imagine there's no music,  
I wonder if you can?  
-Not John Lennon