

The background is a solid pink color. The top and bottom edges are torn, revealing a pattern of black musical notes (quarter, eighth, and sixteenth notes) on a white background. A dark blue, rounded rectangular sticker with a white border and a small white corner tab is positioned in the upper left area.

**A ZINE BY**  **OTR**

# ***MUSIC & MENTAL HEALTH***

***A BOOKLET ON THE ROLE MUSIC CAN PLAY IN  
IMPROVING OUR WELLBEING***

# MUSIC AND OUR PERSONAL EMOTIONAL LIFE

Music plays a crucial role in our personal well-being in different ways:



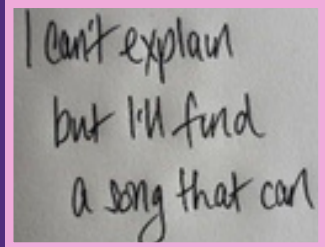
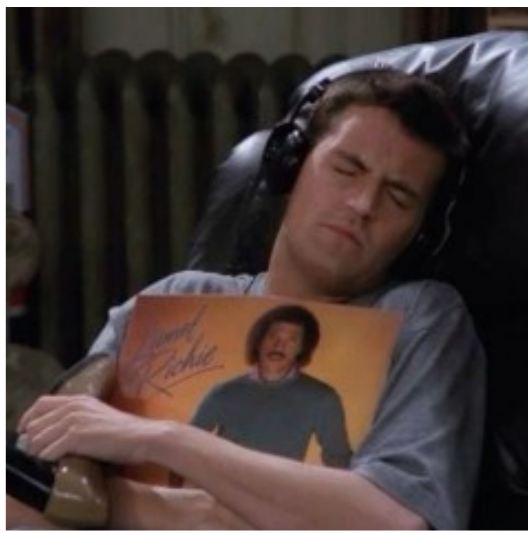
## NEUROLOGICALLY

Listening to music helps release neurotransmitters like dopamine and serotonin in our brain. These can help us to feel balanced and steady in our mood.



## EMOTIONALLY

Music's power to bring memories to life helps us to connect with our life stories. The hippocampus in the brain stores musical memories, taking us back to important places, people or parts of our identity that could otherwise be forgotten.



# MUSIC CONNECTING US WITH PEOPLE



Music is a fundamental aspect of human connection from birth onwards:



## EARLY CHILDHOOD

Music, such as lullabies, helps us to interact and develop emotional bonds with parents/caregivers.



## MAKING MUSIC TOGETHER

These ways of making connections never leave us and can be tapped into at any time. For example, taking part in activities like joining a choir can provide you with a sense of belonging with shared breathing and standing together as a group.



## COMMUNITY

Making music isn't the only way to take part. Being a fan of an artist connects you with a group of people with the same interest. Whether that is through attending a concert or talking about music on social media, these communities sustain us throughout our lives.



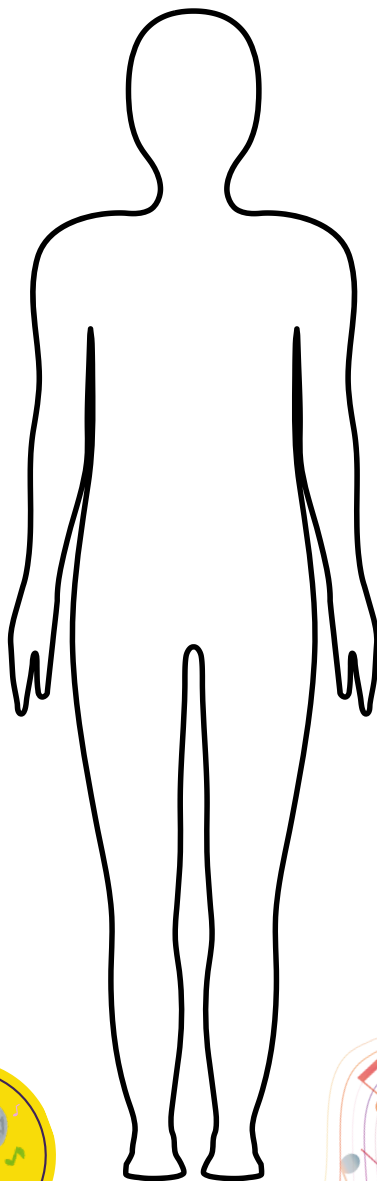


## ***MUSIC AND OUR CENTRAL NERVOUS SYSTEM***

The human nervous system controls bodily functions, like our heart rate, and responds to what happens around us.

Music affects the body's nervous systems; listening to slow-paced music helps us reduce the effects of stress by decreasing our heart rate and blood pressure.

More intense or rhythmic music can help us feel more alert, excited or get us ready to do something.



### **ACTIVITY**

On the body map, colour in the areas where you can feel music on your body.

Do you feel it in your chest?  
Your feet tapping?

If you're not sure, you could draw how music makes you feel, whatever makes sense to you.



# PLAYLIST MAKING

A music playlist is a curated collection of songs or pieces of music that are grouped together based on specific themes, moods, occasions, or personal preferences. I've included some of my ideas to help get you started!

## Songs that make me:

Happy:

1. Birds of a feather – Billie Eilish (Explicit)
2. Freedom – George Michael
3. Got to be real – Cheryl Lynn

Sad:

1. Getting older – Billie Eilish
2. White Ferrari – Frank Ocean
3. New home – Austin Farwell

Feel relaxed:

1. Carry me home – Jorja Smith, Maverick Sabre
2. My Favourite part – Mac Miller, Ariana Grande.
3. Fool for you- Snoh Aalegra

Want to dance:

1. Oops!... I did it again – Britney Spears
2. Long Hot Summer – Girls Aloud
3. Million Dollar Bill – Whitney Houston

## Songs to listen to in...

Summer:

1. We Are The People – Empire of the sun
2. Could you be loved – Bob Marley & The Wailers
3. August – Taylor Swift

Autumn:

1. We fell in love in October – girl in red
2. Motion sickness – Phoebe Bridgers
3. Fade into you – Mazy Star

Winter:

1. About you – The 1975
2. Tis the damn season – Taylor Swift
3. Sarah – Alex G

Spring:

1. Here comes the sun – The Beatles
2. Daylight – Harry Styles
3. Cherry – Harry Styles

## What songs make you:

Happy:

1. ....
2. ....
3. ....

Sad:

1. ....
2. ....
3. ....

Feel relaxed:

1. ....
2. ....
3. ....

Want to dance:

1. ....
2. ....
3. ....

## Songs to listen to in...

Summer:

1. ....
2. ....
3. ....

Autumn:

1. ....
2. ....
3. ....

Winter:

1. ....
2. ....
3. ....

Spring:

1. ....
2. ....
3. ....

## This image shows a blank sheet of white paper with horizontal pink lines, resembling notebook paper. The lines are evenly spaced and extend across the width of the page. In the bottom right corner, there is a small, square inset featuring a cartoonish illustration of a light-colored cat with dark ears and face, wearing black sunglasses. This inset has a decorative, wavy blue border around its edges.



### MY PLAYLIST NOTES

[illegible]

This booklet was created by OTR, a mental health social movement by and for young people aged 11-25 in Bristol, South Gloucestershire and North Somerset.

You can **view our whole collection of zines** over on our website.

Looking for some support? For more information about what we do, drop in to one of our Hubs:

***MONDAYS 3:30-5:30***

8-10 West Street, Old Market, Bristol, BS2 0BH  
Portishead Childrens Centre, West Hill, Portishead,  
Bristol BS20 6LN

***WEDNESDAYS 3:30-5:30PM***

Armadillo, Station Road, Yate, BS37 4FW  
North Somerset Hub, Worle at Castle Batch Childrens  
Centre BS22 7PQ

***SATURDAYS 10AM-1PM***

8-10 West Street, Old Market, Bristol, BS2 0BH

 [otrbristol.org.uk](https://otrbristol.org.uk)

 **0808 808 9120**

 [hello@otrbristol.org.uk](mailto:hello@otrbristol.org.uk)

  **@otrbristol**