

MENTAL HEALTH & ELECTRONIC MUSIC

MUSIC CONNECTS US

 Beatport

ARIGAMI

 AFEM
ASSOCIATION
FOR
ELECTRONIC
MUSIC

 SILENTMODE

how mental ;)





A close-up photograph of a DJ's hands adjusting knobs on a mixer. The image is overlaid with a semi-transparent blue and green gradient. The text is centered over the image.

**Our aim is to harness
a **Support Culture
and Mental Health**
within the Electronic
Music Community.**



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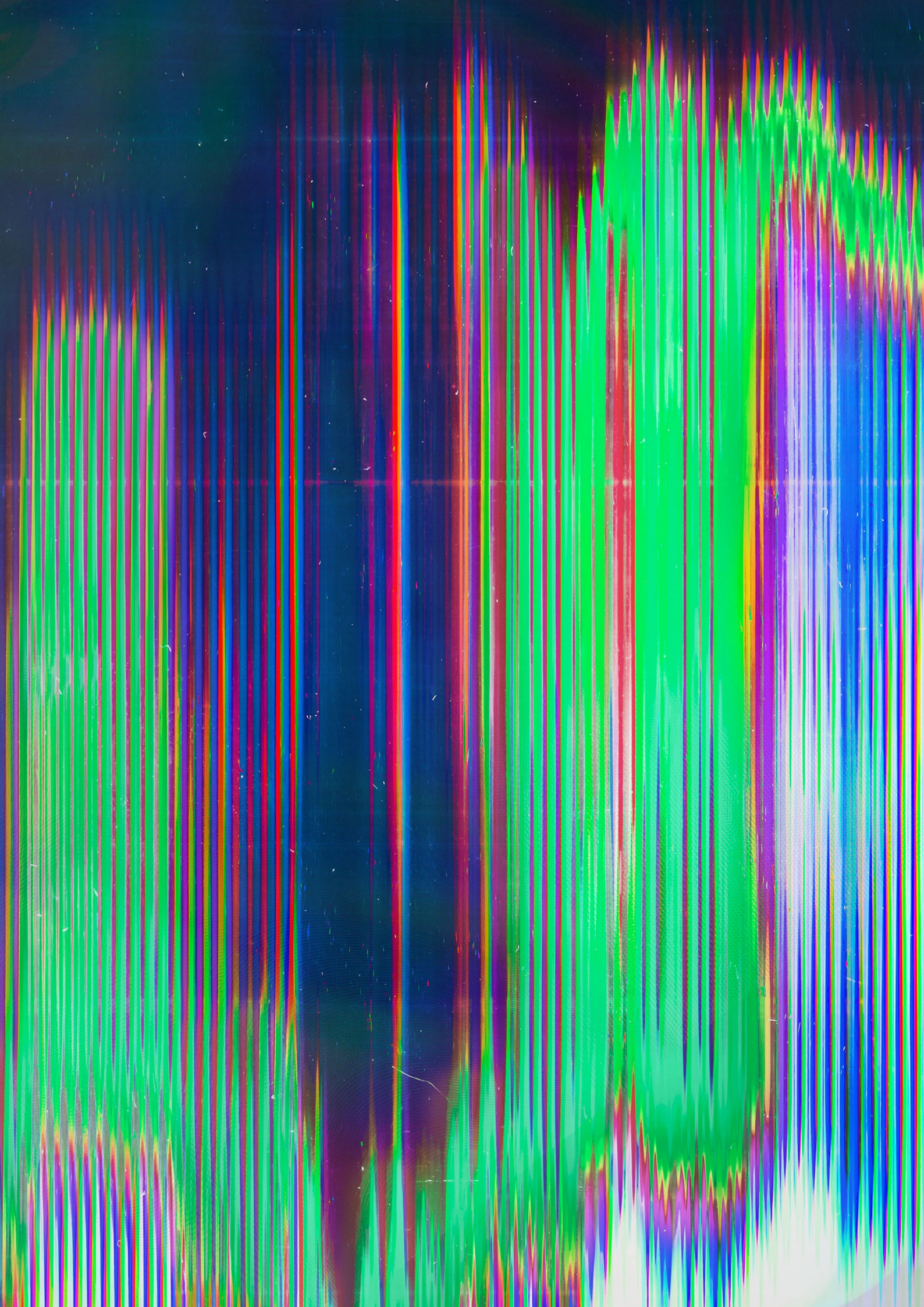
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Let's **Re**Connect

At a time when we are all missing live music and connection, **Beatport** is creating new ways to support your mental health through music.

Music reminds us of happier times, offering inspiration, motivation, and guidance during the toughest of times. Despite being apart, more people are choosing music as a means of keeping in touch.

Loneliness is the condition of feeling alone, feeling disconnected from others, feeling that no one cares, as if one is not part of a social or family network. The feeling of loneliness can be present even if we know, that people do care and that we are part of our community.

That's why we want to change things up. This is our chance to show the world that talking about Mental Health can be fun, entertaining and can actually improve our outlook on life.

These are challenging times for so many, and lockdowns have only amplified our need for connection. The key to combating loneliness is to increase our opportunities for meaningful connections, whether these connections happen in the physical or virtual world.



ReConnect

When The Music Stops #youarenotalone

In partnership with AFEM, Silentmode, Arigami and When The Music Stops, Beatport hosted a 24-hour live stream including performance sets by Kaskade, Shinedoe, Lady Starlight, Ben Rau, DJ Jus-Ed, Scuba and many more DJ's who are advocates of mental health and wellbeing.

In addition, there were educational content segments with breathwork sessions, discussions with experts such as Tom Middleton, Stuart Sandeman, Tristan Hunt, Dr. Aida Vazin and others who shared useful tips on mental health and wellbeing.

Impressions	Reach	View	Engagement	Total Watch Time (mins)
9M	7M	2M	87M	11M



Survey

#Results

The past year hasn't been easy and the COVID-19 pandemic continues to impact our daily lives. It's only natural to feel anxious, stressed or depressed during such strange times. #YouAreNotAlone

To find out more about mental health and how best to support you during the pandemic, Beatport teamed up with Arigami UK and Dr. Aida Vazin (AFEM) to develop a mental health check-in survey during the Beatport ReConnect stream in partnership with Silentmode. This is what we found out...

Music continues to be the 'go to' for our mental health needs.



70% of respondents shared that listening to music, performing fitness activities or practicing meditation have been their top supportive tool in keeping up with their mental health.

The COVID-19 pandemic and fallout, has negatively **impacted our sleep.**



70% of respondents are having issues falling asleep.

Isolation is having a **deep impact** on our individual and collective mental health.



60% of respondents shared that isolation, due to COVID-19 restrictions, has affected their mental health.

Therapy is **no longer 'taboo'**.



60% of respondents shared that they've received counselling, psychological therapy, or psychiatric treatment for mental health related concerns.

Meditation practice is **growing exponentially**.



70% respondents shared that they practice some form of meditation.

We miss **music festivals** and so do you!



80% respondents miss attending a music festival.

**We asked artists
to share more
about their
experience with
Mental Health.**



KASKADE

“ During these times, music became my best friend, the connection I needed to know I wasn't alone; people ahead of me have felt what I feel. ”


SARAH STORY

“

We all put so much pressure on ourselves and have such high expectations, we have to remember that we are not machines and taking time out is not 'being lazy' it's essential to our creativity. ”

”





AMBUSH®
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BEN RAU

“ Aside from all the usual stuff that helps like meditation, sports, and journaling, the most important thing to keep me on track is to seek support from my friends and loved ones. ”

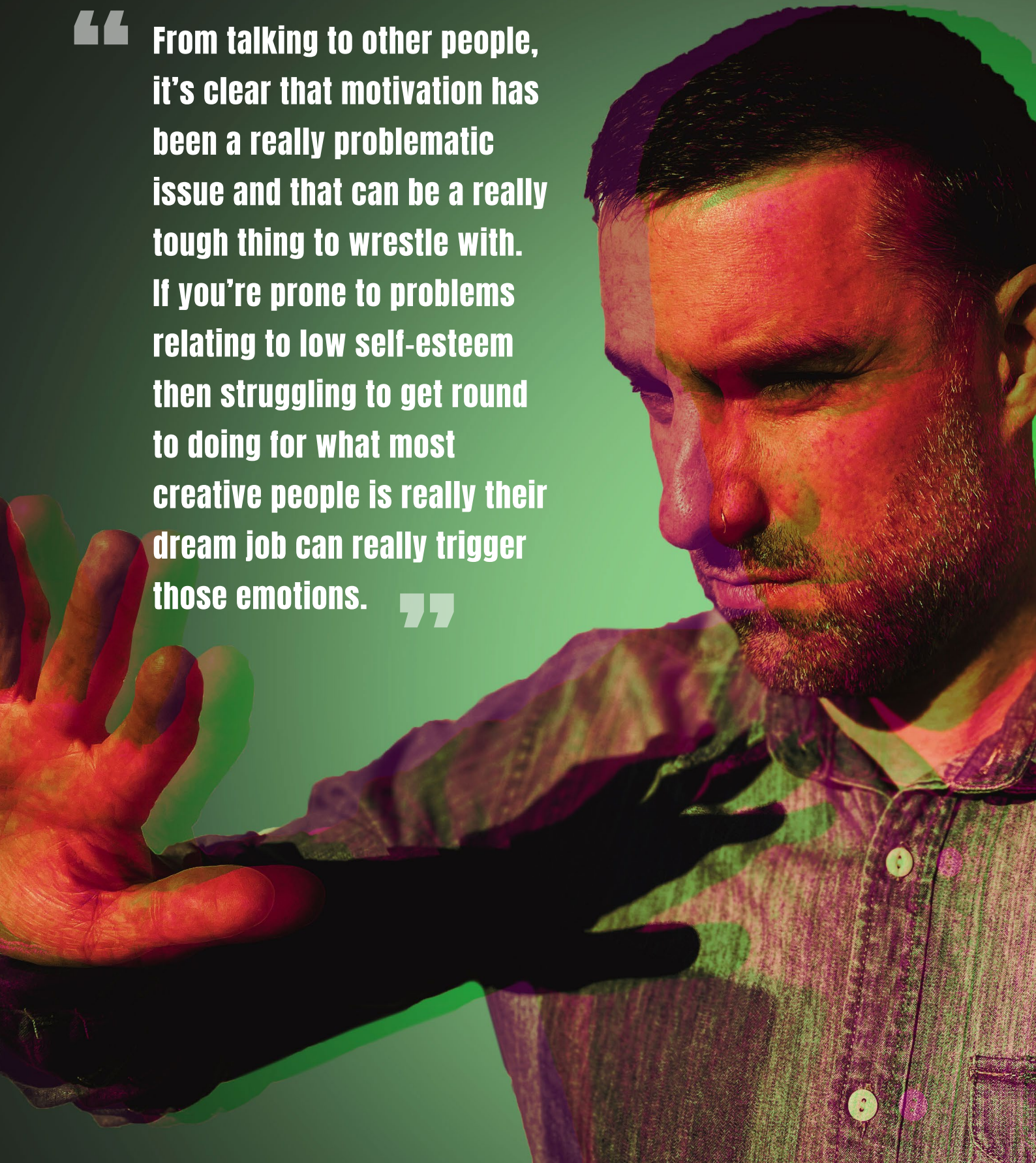


LOUISAHHH

“ We need to ask for help, centralizing resources and diversifying income sources away from exclusive reliance on a gig economy. These are some ways in which we might begin to support each other as we grow together as an industry, and more importantly, as a community. ”

SCUBA

“ From talking to other people, it’s clear that motivation has been a really problematic issue and that can be a really tough thing to wrestle with. If you’re prone to problems relating to low self-esteem then struggling to get round to doing for what most creative people is really their dream job can really trigger those emotions. ”



JUNIOR SANCHEZ

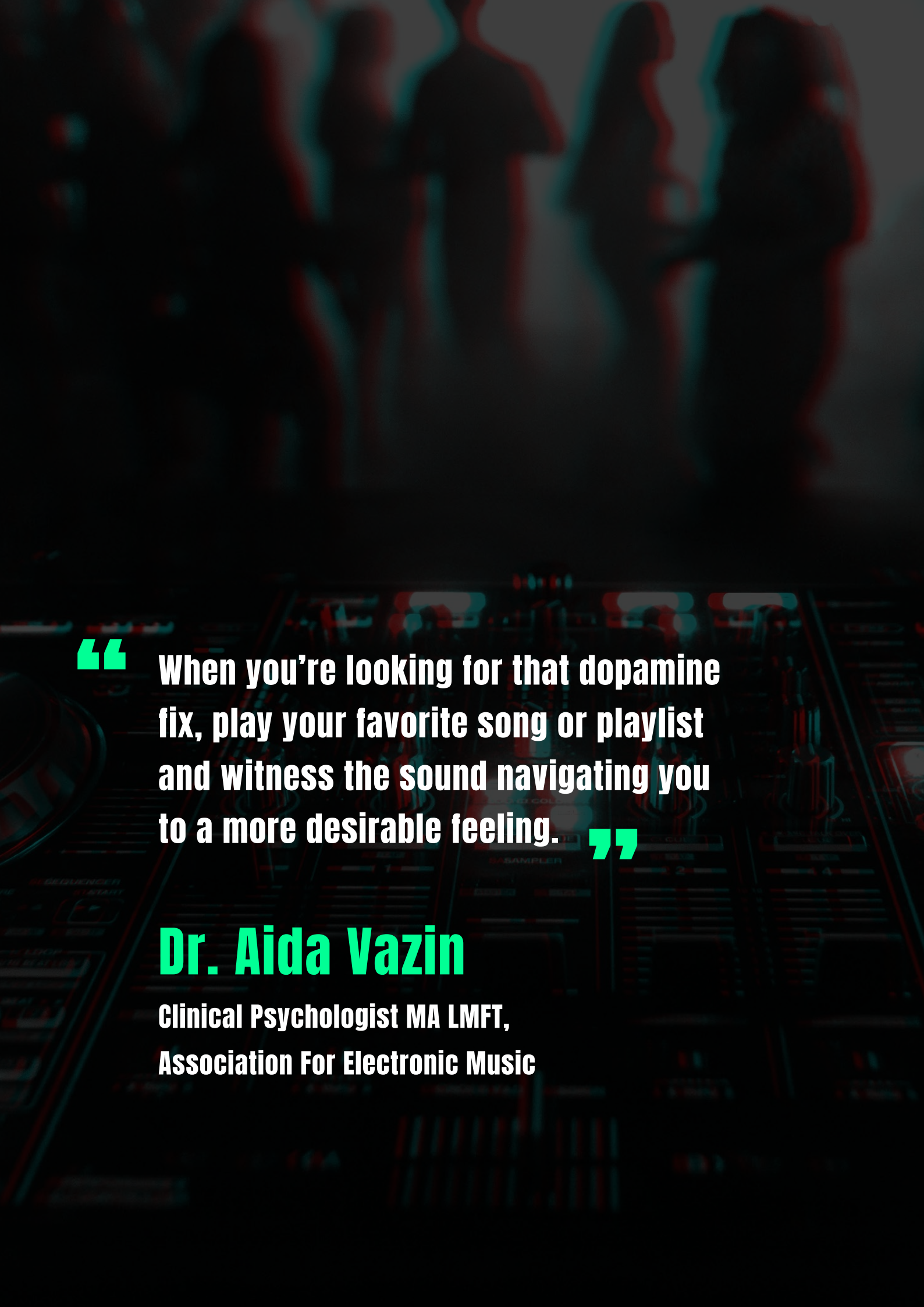
“ It’s okay to feel hurt, confused, sad, angry, annoyed, frustrated, scared, anxious. That just makes us human. Music has always been the therapy I turned to in my life. ”





YUSEF

“ If you are travelling, djing, partying, and drinking and then expect your mental stability to be steady and solid you are going to struggle. ”



“ When you’re looking for that dopamine fix, play your favorite song or playlist and witness the sound navigating you to a more desirable feeling. ”

Dr. Aida Vazin

**Clinical Psychologist MA LMFT,
Association For Electronic Music**

5 Ways Music Can Make A Positive Difference on **Your Mental Health**

Dr. Aida Vazin is a big advocate for music as medicine. During the Beatport ReConnect stream, she hosted an “Ask the Dr” session with our audience and tapped into some of our communities biggest challenges and vulnerabilities. Check out this list of easy ways you can use music to support your emotional intelligence.



Music is the sound of our emotions and a powerful coping tool.



Music can help facilitate the release of emotions that are bottled up inside of us.



Music can serve as a facilitator for mood transitions and mood regulation.



Music has the strength to wash over our racing thoughts and redirect our focus on the song.



Music is available when you need it and can be a great companion for mood enhancement when no one else is available and can serve as a replacement for self-medicating habits.



SOUND



Sound is the only sense that can engage all parts of your brain.

Overall, research shows that music has a biological impact on our mind, body, and behaviour. Turns out, whether it's electronic, classical, hip-hop or rock, your gray matter prefers the same music you do. It all depends on your personal preferences and experiences.

AudioLab

Immersive Audio for Health and Wellbeing at York AudioLab.

The University of York's AudioLab is pioneering the use of immersive audio for health and well being. Led by Dr. Helena Daffern and Dr. Gavin Kearney, the team focuses on delivering highly realistic 3D sound through headphones with applications in soundscape therapy, media accessibility for visually or aurally impaired or neurodiverse groups, and monitoring and reduction of environmental noise.

One area explored is how immersive audio can be used to help children with auditory hypersensitivity and autistic spectrum disorder. Team member Dr. Dan Johnston developed an exposure based VR game for such children, and showed that realistic rendering of the audio using binaural sound significantly improves the

therapeutic process. Current work in the lab is also assessing how spatial audio can be used to treat attention deficit hyperactivity disorder.

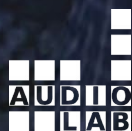
The team have also developed a system for virtual choir singing in VR. Research has shown that singing improves ones sense of wellbeing, and singing in a choir even moreso due to added social interaction. The system takes real-time voice input from the user and projects back in VR an acoustic that makes the singer feel as if they are in the same room as a virtual choir. The team have trialled this system in care homes across the UK with positive results. Their current work focuses on real-time networked interaction so that fully virtual choirs can be realised.

About the **AudioLab.**

The AudioLab is located at the Department of Electronic Engineering at the University of York. The lab houses 30 research students and staff working on novel research in audio and music technology. Dr. Helena Daffern and Dr. Gavin Kearney lead the work on immersive audio applications for health and well-being.

Dr. Gavin Kearney

Research Lead AudioLab
at the University of York





Amplifying Music

By Ari Peralta

CEO & Founding Partner, Arigami UK

Unleash The Power of Music

With Frank Fitzpatrick

Wellness music is moving into center stage in the quest to end the stigma around mental health. As a tool to affect the brain, music might be the simplest and most powerful form to make a measurable impact.

When we examine some of the new science coming out, we find an exciting field mixing wellness and music.

Recently, we had a chance to sit down and interview Frank Fitzpatrick, an award-winning creative executive, entrepreneur & wellness expert

redefining the future through the convergence of sound, health, music & technology. Frank is also paving new grounds with his Hearables articles on Forbes, exclusively dedicated to sound.

Frank is on a mission to “Amplify human potential using music”. According to Fitzpatrick, “Audio is quickly becoming a primary format for delivering both content and digital therapeutics. And music, the crown jewel of audio, is slowly making its way to the top in both categories”.

Mind



Cognition
Productivity
Performance

Mood



Emotions
Atmosphere
Environment

Body



Actions
Energy
Movement

Behaviour



Personal
Social
Economic

Functional Music

By Tom Middleton

Functional Sound Composer & Sleep Coach,
Association For Electronic Music

A New Paradigm In **Wellness & Electronic Music**

The global music industry is worth \$60 Billion, however the wellness economy is valued at \$4.5 Trillion. Why is this significant? The positive benefits of music designed to support and enhance health, wellbeing and business should not be underestimated.

Beyond dancing, entertainment and pleasure, music can serve a multitude of purposes. It has the power to transport you somewhere, expand the mind, fuel creativity, it can boost productivity, influence mood, help send you to sleep. It is an effective form of therapy, can motivate and move you, and even improve your behaviour.

Sound x Purpose

If we consider this essential power of music to help with storytelling, think of life as a movie. How would you imagine the score to sound like? Is it just for you or for the benefit of others?

Functional music and soundscapes to anticipate and support the moments you need help balancing or boosting your mood, energy, focus or productivity.

“ **The sound & music are 50% of the entertainment in a movie.** ”

George Lucas, **Film & Sound Innovator**

Using the combination of rhythm, melody, harmony and ambience it can ground you in the present moment, so you aren't worrying about the past or future.

Or propel you into the Cosmos on an imaginary journey. How, when and where will listeners use it? Will the music soundtrack another activity?

Once we understand this additional value in creating useful sound content, we transform the current economic outlook for artists and producers. Expanding revenue opportunities beyond entertainment, and empowering creators with new meaningful purposes.

Mind

The power to help you concentrate, find your flow, focus and retain information. Think about the productivity benefit to business, reduced risk of accidents, or improvement in grades at school. This support and enhancement of mental states can yield positive economic and health benefits to society.

Mood

The power to induce feelings and trigger emotions in seconds, to transport you off world or intentionally distract you from pain and suffering. To make our environments more pleasant and easier to live or work in. Think about the positive mental health benefits of transforming psychological states with therapeutic music. Just listen, breathe, and feel better.

Body

In a time of increased inactivity, anxiety, burnout and depression, music has the power to intentionally raise or lower heart rate. To calm you down or give you the energy to get up and move, supporting both mental and physical states of health and wellbeing.

Behaviour

The most powerful outcome is instilling positive behavioural changes and new habits. We strive to be better, more effective humans, more compassionate and kind, more able to add value. Functional music can help us achieve this impact on ourselves, for society and the economy.

Music x Relief

Music has many wonderful benefits for stress management and overall health. It can help you calm your physiology without making a conscious effort, and that can alleviate stress from your mind. Music can also lift your mood, slow your breathing, and create other stress-inducing changes.

Meditation is also one of the most popular stress management strategies for good reason—it brings short-term benefits like a calm mind and body, and it can build resilience toward stress over time.

Combining music with meditation can deepen the positive effects of both, and bring you greater stress relief.

As an added bonus, for many people who are beginners to meditation, or who are perfectionists, music meditation can feel simpler and more instantly relaxing than other forms of practice. It's a stress relief technique anyone can use. With regular practice, this meditation can help you to better manage whatever stress comes.



Music & Meditation



How To Use Music For Meditation

By Belinda Matwali

ListenUp Therapy, Association For Electronic Music

- 1** Choose a track that you're familiar with, it can be any type of music but perhaps tune into your mood about what feels appropriate for you right now. Using a track you know can help you get out of the analytical mind and come more into feeling the sounds. Tracks without vocals are best.
- 2** As the track begins, immerse yourself into the sound, really listening, not just with your ears but with your body and heart - at the very essence who is listening?
- 3** Most tracks are multi-layered but our mind filters out one or two layers to listen to like the harmony or beat, and we miss so many subtle sounds. Listening to all the layers, not just some, is a beautiful way to expand your awareness, stay interested, engaged, and playful.
- 4** Be curious about space that the sounds travel in. Feel the sounds all around, and feel the point within you where each sound from the track eventually merges into your still point.



Music & Breathwork

By Bradley Dowding-Young
CEO, Silentmode & Breathonics

Breath to Beat

Every breath you take has an emotion attached to it. When we are anxious our breath becomes shallow and fast, when we are happy and relaxed, the breath slows down and moves towards the stomach as we feel joy. Science has proven that humans are actually able to reverse this process using breathwork. Practicing breathing exercises is a natural way to help you feel better.

Add electronic music to your breathwork, and take your session to another dimension.

“**To breathe fully is to live fully. It is everything that we sense, feel, think and do.**”

Music is the universal language that helps us all keep in rhythm, in time and on beat.

Breath to beat is a new way to engage your body and mind in active meditation to support your mental health.

There's no greater feeling than listening to your favourite electronic artist when you need that energy boost, or that one song that lifts you when you are feeling down. Here are some very simple steps you can take to start practising. The 'Box Breath' is an easy to follow exercise that can ground you and improve your focus.

- 1 Start by inhaling for 4 seconds through the nose**
- 2 Pause for 4 seconds**
- 3 Exhale for 4 seconds through the nose**
- 4 Pause again for 4 seconds**

Try repeating this a few times and see how you feel.

Focus | Rest | Energy | Sleep

Share **Empathy** On Social Media

By George TakTak
Founder, How Mental

Expressing our emotions is not easy because emotions are not words: They are feelings.

Loneliness is not in our nature. We are sensory-based beings for a reason. We need to be seen. We need to be heard. We need to be understood. The reason we evolved speech and music was because of our innate need to communicate, share and learn with and from others.

The challenging part is that whether we're isolated or surrounded by people; we can still feel alone.

We believe that technology can be used as an instrument for positive change.

Music is a kind of magic that weaves between the worlds of words and melodies. Music can capture the essence of any given moment and bring it to life through beats, and frequencies. Music creators open their minds and souls to share their

Social Media, like many other technology derivatives, is often blamed for drifting humans apart, increasing the empathy gap. Currently, we use it to compare our lives with one another, but what if we used Social Media to engage in more meaningful ways? What if we used it to spread more positivity and support?

perspectives, which often includes hardship and struggle. But even for them, this ultimate form of expression is not enough to cope with really difficult moments or negative thoughts.

As human beings, we need empathy & support.

Music is more than a feeling: It's a shared experience. It enables us to enter into each other's hearts and uplift our mood by helping us feel like we belong. When the audience responds with applause, tears, screams, laughter – even silence – that's true connection. It's deeper than what we see, it is what we feel.

Despite the world being connected, we seem lonelier than ever before. It's important to start with knowing that you are not alone. So, if you're struggling with your feelings or know someone that is: share a song, share a funny meme, share a positive quote; and follow up.

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AFEM

The Association For Electronic Music (AFEM) is a global voice for the electronic music industry, representing its culture, commerce & community.

AFEM is a not-for-profit trade body governed by a democratically elected Executive Board of its members to represent the interests of their respective industry sectors.

Our global community of over 250 members across 25 countries includes industry veterans through

to the new generation, all sharing common goals; a passion for the music and a desire to push the needle and make a better scene for all.

Providing **Mental Health Education & Information** to the electronic music industry is a key aspect of AFEM's work.

If you would like to get involved in AFEM's health work or enquire about membership email to tristan@afemorg.net

AFEM **Mental Health Guide** For The Electronic Music Industry

The Association For Electronic Music (AFEM) mental health guide is tailored for people working in the electronic music industry. The guide aims to educate, provide practical support, and further destigmatize the subject of mental health. It also contains details of various organisations that can provide a range of mental health services and assistance.

Read The Electronic Music Industry Guide To Mental Health

**[english
version](#)**

**[japanese
version](#)**

Mental Health First Aid Training

AFEM advocates that all businesses have at least one mental health first aid trained member of staff - like they already do for physical health first aid - to help destigmatise the subject and provide help when it's needed.

To get trained and become a qualified mental health first aider in your country go to **<https://mhfainternational.org>**

