Many people live stressful lives due to their jobs, personal issues, or the world around them. Each individual has their own way of relieving themselves of stress. Some people smoke cigarettes, others drink alcohol, but I personally use music as my so called “happy place”. Music is a healthy alternative to relieving stress or easing your mind from the negative things in life.

As we grow older and accept more responsibilities, we also accept the increasing amount of stress that these responsibilities can put on our shoulders. Music is a great way to ease your mind and be yourself. The multiple genres of music allows us to use different sounds to help reduce our stress. For me, I enjoy the genre of hip-hop. The booming bass, hissing snares, and the rhythmatic lyricism are the reasons why I use this genre as my stress reliever. No artist is the same. Many artists “spit” their rhymes differently. Some keep it slow and steady, while others use their skills to deliver rapid lyrics at a pace sometimes the listener cannot even comprehend. Mainly rappers tell a tale of their past lives, how they grew up in their hometowns, or the struggles of growing up around drugs. When I get stressed or just want to relax, I turn on some of my favorite artists such as: Eminem, Tech N9ne, Migos, or Kendrick Lamar. Each individual artist has their own way of rapping, and I enjoy all of their styles. As a lover of music, I keep my mind open to all genres. When I am feeling a little down, I use loud music to “hype” myself up. Then on some occasions, sadness needs to be expressed and the upsetting lyrics tug at my heartstrings. I wish others could partake and enjoy music as much as I do, instead of using drugs and alcohol to relax and ease their minds.

Music has been in my life ever since I could understand the words and what the artists were saying. Listening to the meaning of the words instead of the beat is key to enjoying the song. Stress is a nasty demon that torture us all, but music can help us escape its clutches and enjoy the best parts in life.

Very well done. Full XP awarded.