**“Disquiet” - Creator’s Statement**

The inspiration for “Disquiet” comes from the simple sounds within my backyard. On days of particularly bad anxiety attacks, I sit on a hammock in my backyard to read or simply listen to the quiet buzz of birds chirping, dogs playing, or neighbors tending their yards. The subdued sounds provide a quieting backdrop for my mind and help ground my thoughts in the present. My soundscape narrative strives to recreate these sounds to give the listener a sense of tranquility while also imitating the feeling of having intrusive thoughts through the buzzing of an annoying fly. I attempted to incorporate techniques for managing anxiety, such as breathing exercises in the respiratory quality of the wind, to help the listener relax. Listen as the wind blows through the trees and the windchimes sing their tranquil harmonies as I recreate my experience with anxiety through sounds within my backyard.