**“Disquiet” / Soundscape Narrative Reflection**

My soundscape narrative is representation of my experiences with anxiety. Growing up, I struggled with regulating my intrusive thoughts and establishing a peace mind. I had to find ways to manage my overactive thoughts and calm my body so that I wasn’t perpetually under stress. One method I found helped the most was finding a quiet place to just focus on my surroundings and ground myself in the moment so that I would stop worrying about both my past and my future. My soundscape narrative emulates the sounds in my backyard, where I would often go to relax, and incorporates methods of managing anxiety, such as breathing techniques and grounding. Simultaneously, the quiet tranquility of the wind, birds, and windchimes are interrupted by various other sounds within my backyard, particularly that of an annoying fly. The buzzing of the fly is symbolic of my intrusive thoughts and is meant to create a subtle conflict within the listener. Often, even when trying to relax, there are moments when the anxiety slips in. This constant battle has defined my experience with anxiety, and I want the listener to take away not only the calm atmosphere of my garden, but also the frequent and uncontrollable thoughts that cause stress and confusion.

In terms of the technical elements, I found that cutting, splitting, and joining tracks were most useful for combining or sampling multiple sounds to create new and interesting effects. For example, the audio of the hose turning on and spraying water is a combination of three or four different sounds I found online. These were blended into one cohesive sound using the fade-in and fade-out effect, which was another tool I found handy for transitioning from one sound to another. One of the most challenging portions of this project was timing the sounds so that they produced a recognizable narrative that didn’t feel too rushed or too drawn out. The time shift tool was an integral tool that helped me achieve the narrative flow that I was looking for. Similarly, one of my core visions for this project was imitating the sound of inhaling and exhaling through the volume manipulation of the wind blowing through the trees. An essential technique for combatting anxiety is breathing – taking long, deep breathes through the nose and exhaling slowly from your mouth. This signals to your automatic nervous system that there is no imminent danger and forces your body to calm down. To imitate this sense, I used the envelope tool to increase and decrease the volume of the wind in equal intervals that resembled breathing. Although moving the points to change the volume was frustrating at times, I am proud of the overall effect I achieved using this tool.

Overall, learning about different techniques and methods of audio manipulation throughout the creative process has been incredible. I love watching sound engineers, producers, and composers illustrate their work on social media platforms like Instagram and TikTok, so having the opportunity to be a part of that experience and create my own audio was exciting. Additionally, I think the creative process helped to build my confidence. Now I too have the skills on Audacity to create original pieces that I want to share with the world. That, to me, is one of the most exhilarating aspects of creating my soundscape project – having the freedom to create more with the technology available to me.