My soundscape narrative is inspired by my experiences with anxiety. During bad anxiety attacks, I go out into my backyard, sit on my hammock, and read or listen to music. The white noise of birds chirping, dogs playing, or my neighbors tending their yard creates a soothing backdrop and provides enough stimulation to distract me from intrusive thoughts while avoiding overstimulating triggers. I attempted to incorporate techniques for controlling one’s anxiety through breathing exercises and grounding techniques. The wind in the trees resembles rhythmic inhaling and exhaling to calm the listener and the windchimes produce a soothing tone to establish the sense of tranquility. The intrusion of various sounds commonly heard in one’s backyard illustrates the effect of intrusive thoughts, breaking up the calm atmosphere and interrupting the listener’s experience. I hope this audio helps listeners understand and empathize with those who deal with anxiety as a presentation of the experiences I have while sitting in my backyard.