

Music for wellbeing during lockdown

At stressful times like this we need to be keeping our mental health in check, and this is something I truly believe can be helped with music. Research suggests that music can stimulate the body's natural feel good chemicals (e.g. endorphins, oxytocin) and it can help energise our mood and provide an outlet for us to take control of our feelings.

So, as we're all being told to #stayhome, here are some tips and links as to how music could be used to help at this 'unprecedented time'. For the sites that require you to sign up please read their privacy policy and any other terms and conditions before creating an account.

Listen to music

- Why not listen to your favourite tracks or use this as an opportunity to discover some new music by listening to suggested tracks through online streaming services.
- You could make yourself a playlist of your favourite 'feel good' songs, or tracks that bring back good memories then listen to it when you're feeling down.
- [BBC sounds](#) have produced a number of different 'mixes' including a whole section of feel good tunes. This includes a playlist of uplifting tracks suggested by The One Show viewers.
- Listen to the radio. Through BBC Sounds you can access all the different [BBC Radio stations](#), but you can access many more through platforms like [TuneIn](#) or [AccuRadio](#). Of course you can also listen to the radio the good old fashioned way!

Watch a performance or show

With the closure of theatres and music venues throughout the country (and in fact most of the world), venues and artists have been making performances available to audiences online.

- Have a look at your favourite musician's social media account(s) to see if they have been creating any live content.
- MTV have started a series of videos called MTV Unplugged which can be accessed through their [YouTube channel](#).
- If you enjoy musicals then [The Wind in the Willows](#) is available to stream for free.
- Andrew Lloyd Webber will be streaming a different musical each week for 48hrs via his YouTube channel [The Shows Must Go On](#).
- [The Royal Opera House](#) are offering a free programme of online broadcasts, musical masterclasses and cultural insights including both ballet and opera. [The Met Opera](#) are also making a number of performances available, and a number of opera performances from throughout Europe are available through [OperaVision](#).
- The Berlin Philharmonic have made their [Digital Concert Hall](#) available for free, you just need to use the voucher code BERLINPHIL to access all their concerts and films for free.
- [The Royal Albert Hall](#) has a number of concerts that will see artists sharing work from their home.

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- Keep an eye on [WhatsOnStage](#) who are updating their list of shows (including plays) available online daily.
- [ClassicFM](#) have also put together an updating list of all the major classical concerts and events being streamed online.

Compose

- If you have a guitar/keyboard/ukulele lying around at home, why not grab it and have a go at a bit of song writing. A great place to start with this is to use the 'Four Chords' – C, F, G, Am.
- For a more 'high tech' option, then there are several free apps available for phones and tablets that allow you to multi track record or create music using inbuilt instruments or pre-recorded loops. GarageBand is a great example of this for iOS devices, but there are a many alternatives to this for other operating systems.
- Online there are also lots of different options for composing. For something to just play around with [Chrome Music Lab](#) is lots of fun, but if you're wanting something a bit more serious then [BandLab](#) has the ability to record in ideas and compose using loops and virtual instruments. This is also available to download as an app.
- If you would like to compose using notation, [musescore](#) is an excellent piece of free software.

Play an instrument

If you've suddenly got a lot of extra time on your hands and an instrument or two lying around at home, why not use this as a chance to finally learn to play it, or develop your skills on an instrument you already play.

- YouTube is a great platform to help with learning at home, whether this is through online tutorials, or play-a-long videos.
- [BigShinyBrass](#) has some free pieces with sheet music and play-a-long backing tracks for woodwind and brass instruments, broken down into different difficulty levels.
- [Fender](#) are currently offering 3 months of free online guitar lessons.

Sing

- Singing is great for your mental health as well as your physical well-being, so why not put on a favourite song and have your own karaoke session at home.
- You could also take part in [The Great British Singalong](#) which is on a number of BBC radio stations at 9am every Thursday.
- If you fancy something more structured, Gareth Malone has set up [The Great British Home Chorus](#). The idea of the project is for people to sign up to get the links to the music, then tune into rehearsals on [YouTube](#), before recording themselves taking part. Even if you don't want to record yourself singing, this is a great chance to be involved in choir rehearsals without having to leave your house.