Subject: Singing to Relax
Posted by Beck on Sat, 18 Sep 2021 12:45:03 GMT
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I noticed that I would randomly sing during stressful days. Even though I don't sound that good, it makes me feel better. It contradicts the thought saying listening to good music would cheer us up. On some days, maybe we don't need good music, since producing our own can help too. When do you find yourself singing, if not humming?