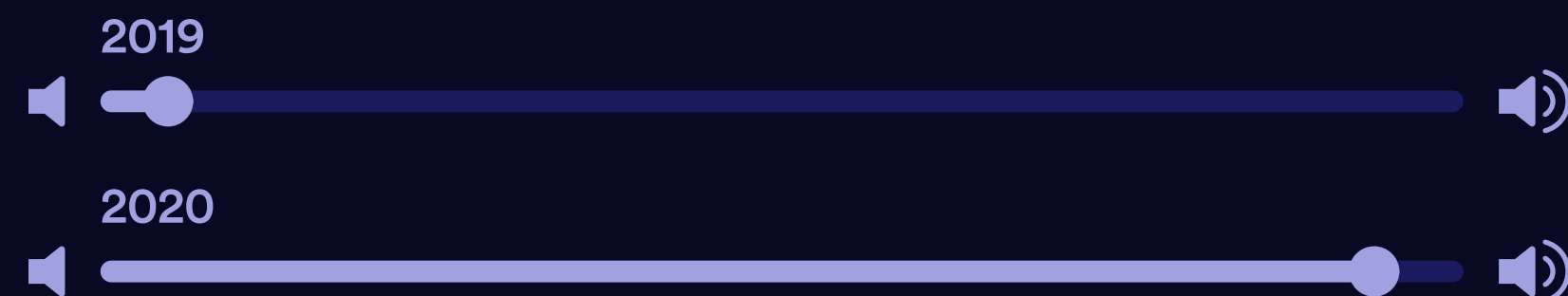


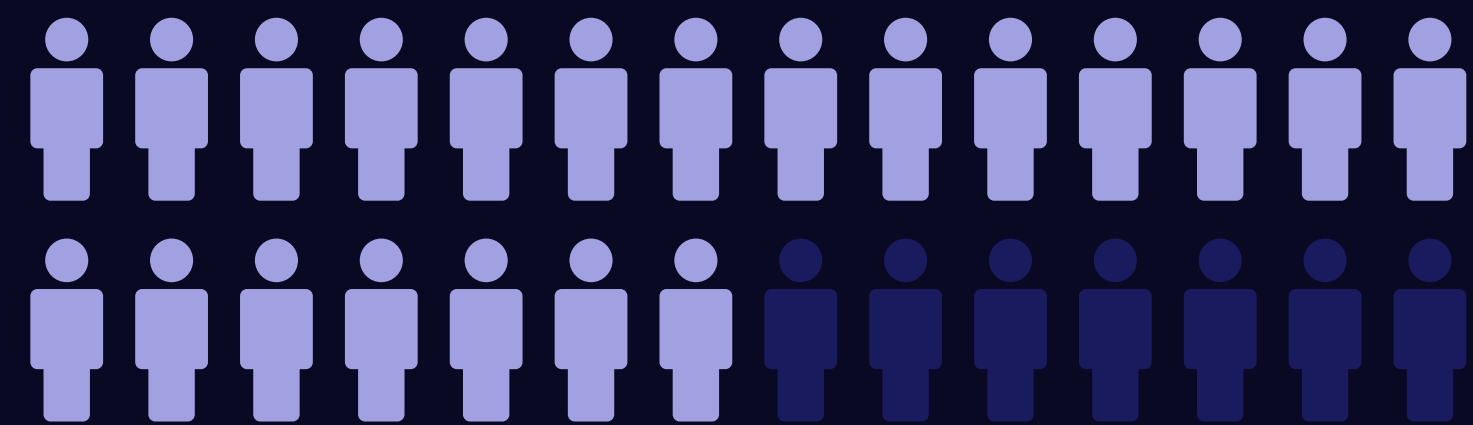
# Escape the Gray of Reality

How music and streaming services kept people sane during the COVID-19 pandemic.

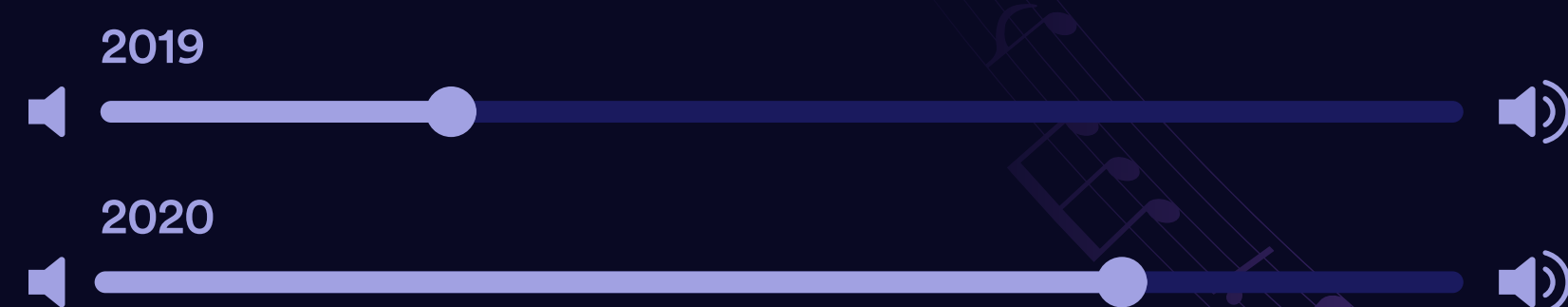
## 1,400% Increase in work from home themed playlists



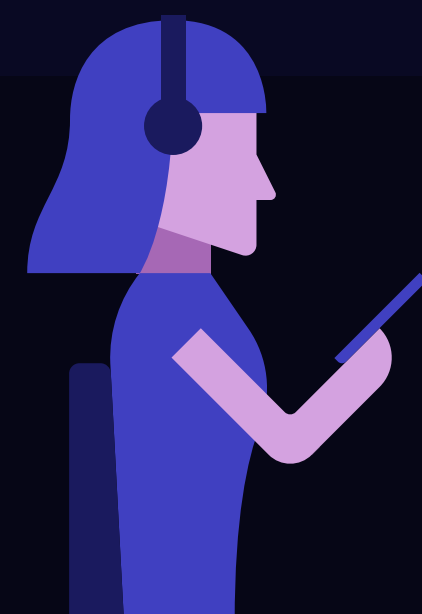
## 77% of college students use a music streaming service



## 180% increase in health and wellness podcast listening

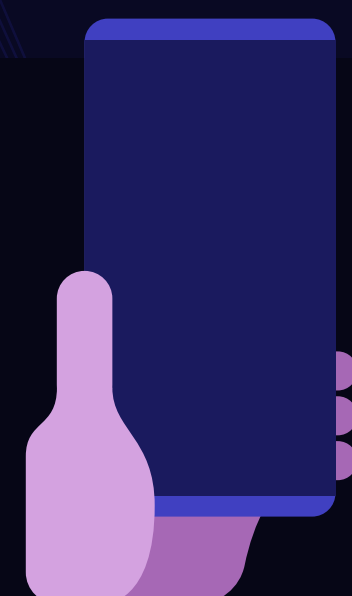


## How to jumpstart your creativity



### Set up your environment.

Prepare an area without distractions and get ready to focus.



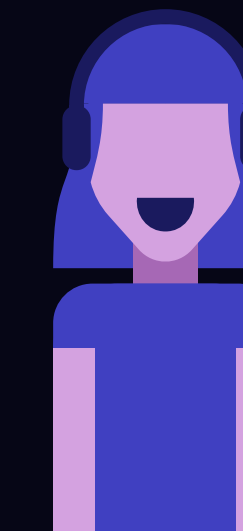
### Put on something new.

New music challenges the brain, often leading us to more creative solutions.



### Relax and listen.

Make sure you're relaxed enough to let the music inspire you.



### Let the juices flow.

Fresh ideas await you.

## Did you know?

Research has shown that listening to music can reduce anxiety, blood pressure, and pain as well as improve sleep quality, mood, mental alertness, and memory.

Whether you're working out, relaxing, singing or just playing, adding music to the mix sounds great for your mental health and overall well-being.