

Escape the Gray of Reality

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

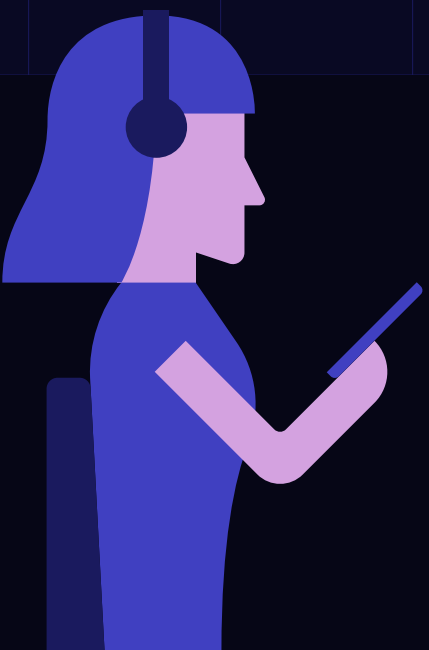
20% increase in streaming service traffic during 2020

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.

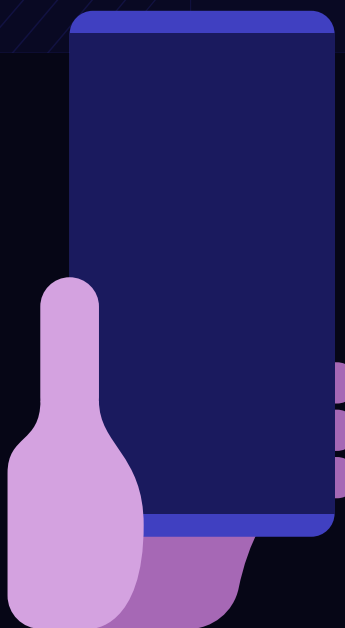
Whether you're working out, relaxing, singing or just playing, adding music to the mix sounds great for your mental health and overall well-being.

How to jumpstart your creativity



Set up your environment.

Make sure you have an area without distractions so you can focus on what matters.



Put on something new.

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



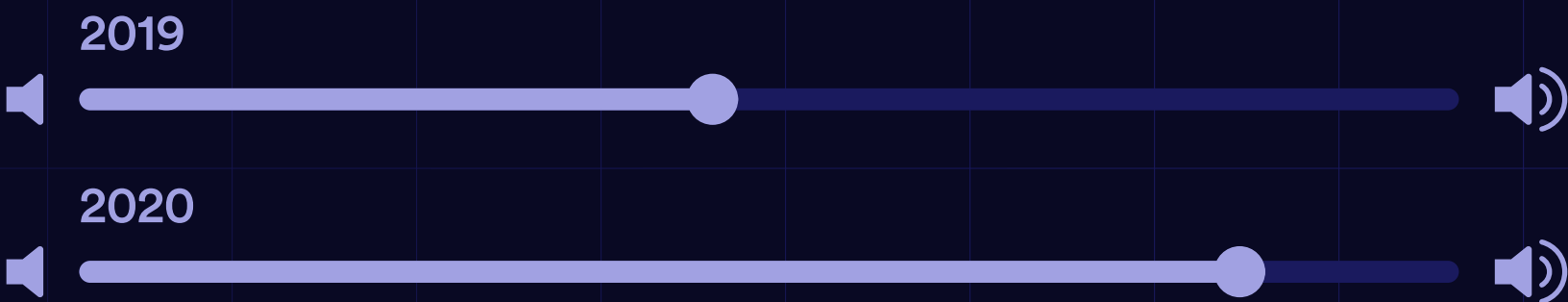
Relax and let the ideas flow.

Fresh ideas await you.

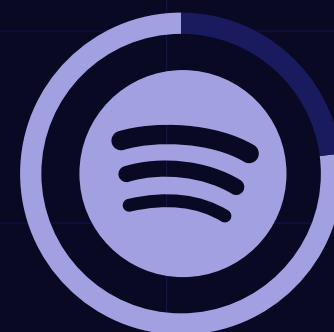
1,400% Increase in work-from-home themed playlists

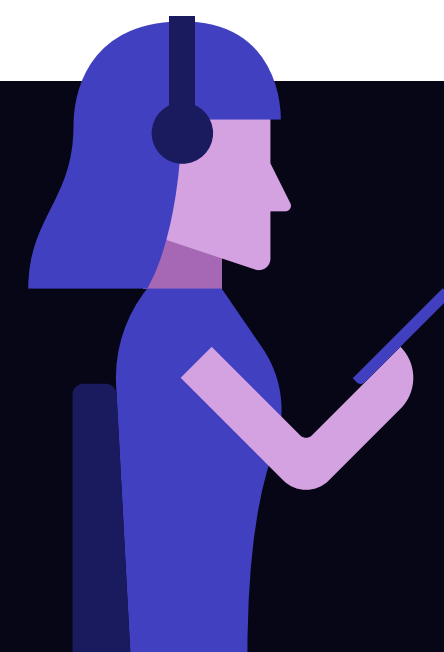
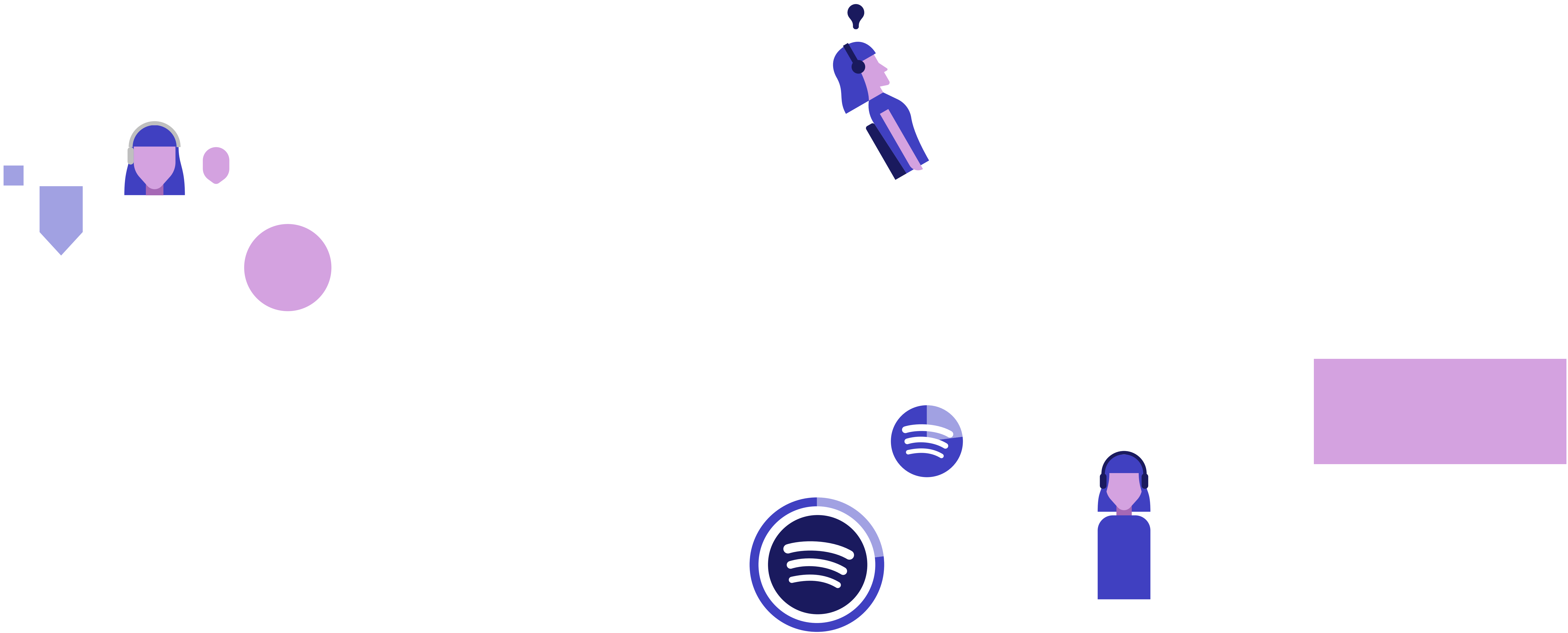


180% increase in health and wellness podcast listening

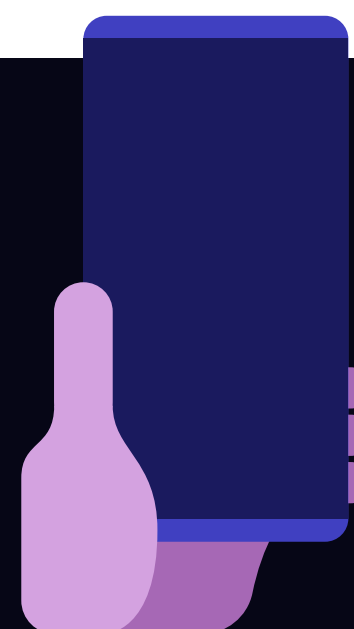


77% of college students use a music streaming service, with Spotify being the most popular





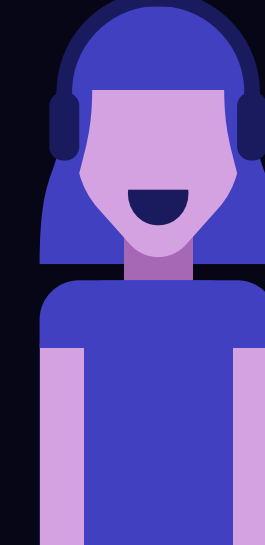
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Prepare an area without distractions.



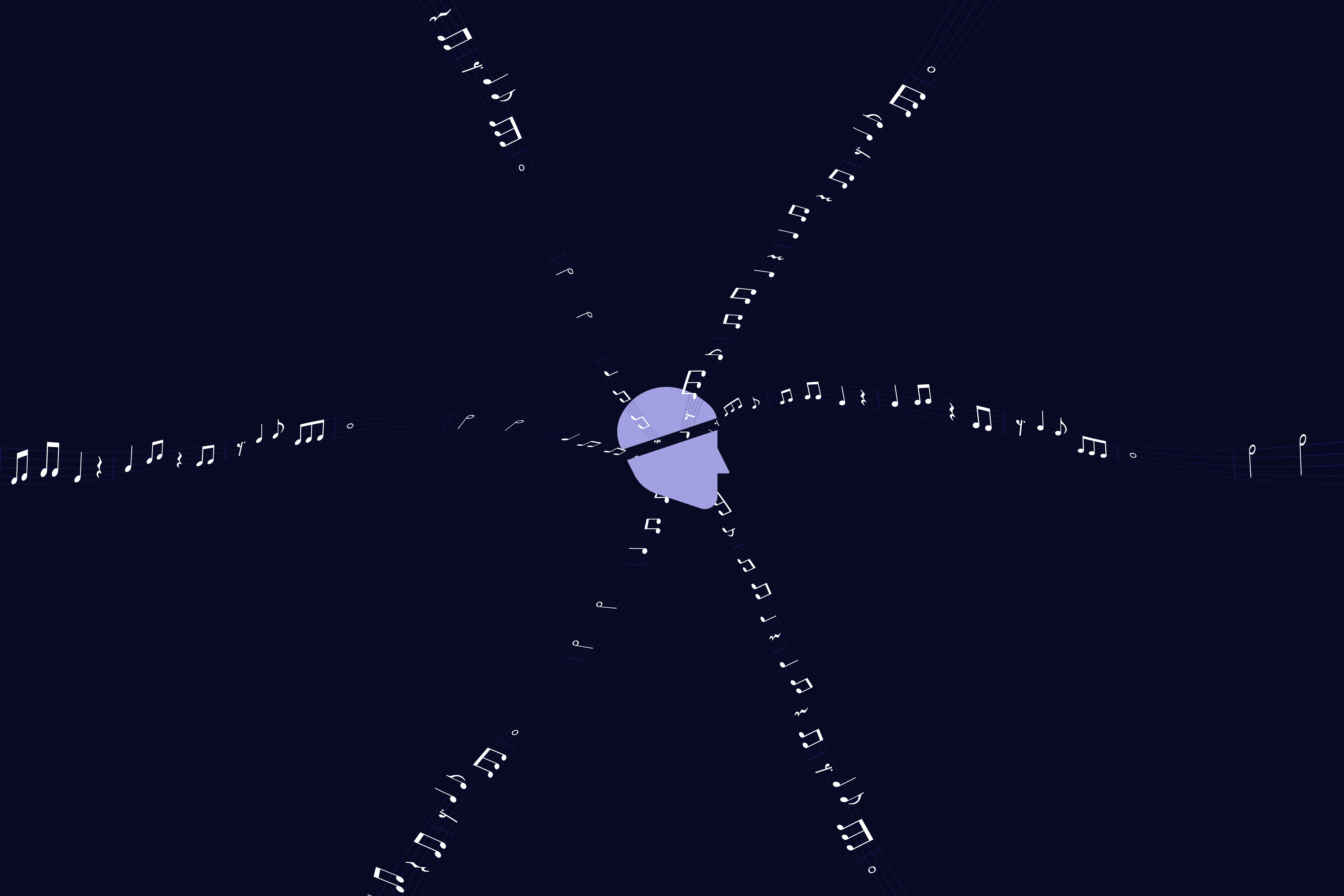
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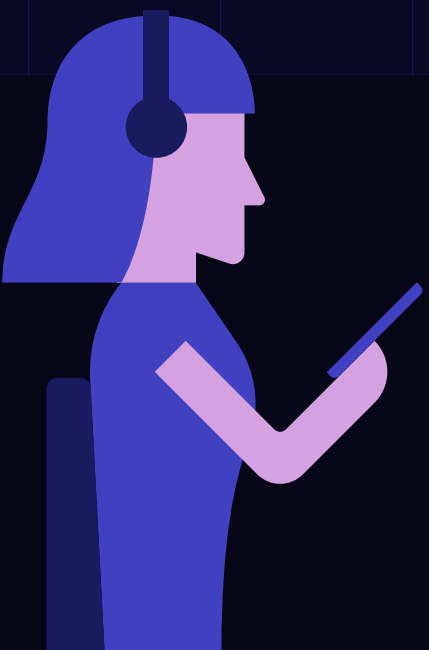
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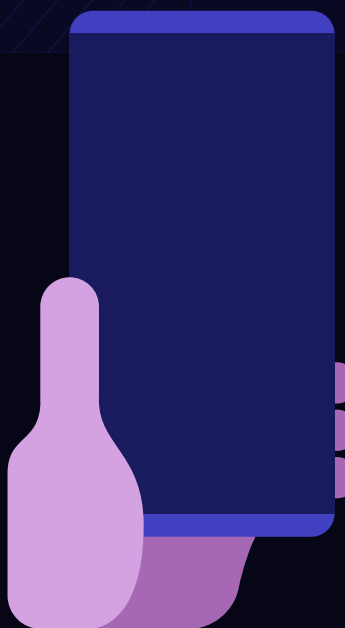
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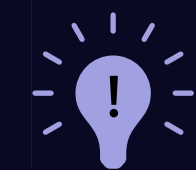
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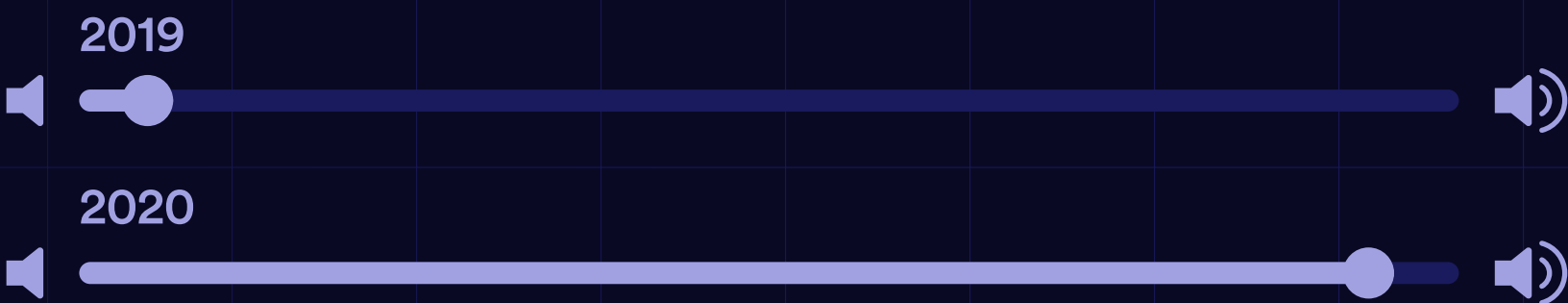
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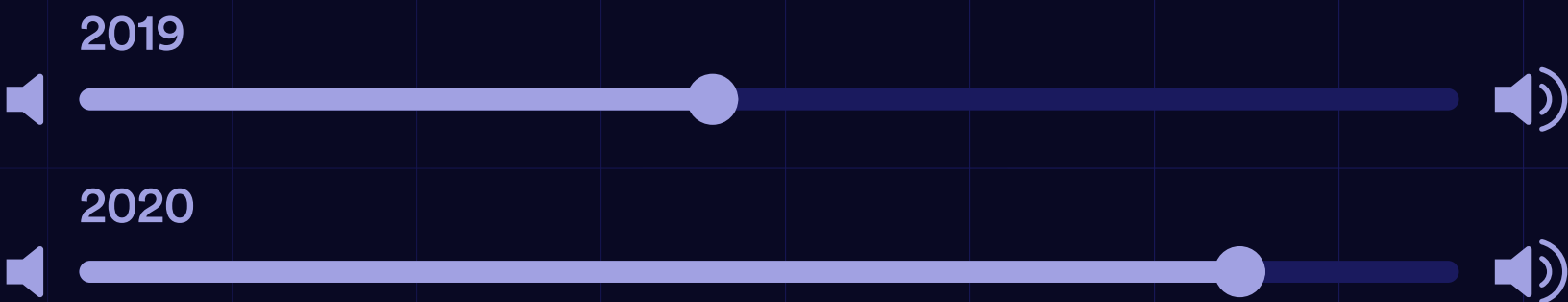
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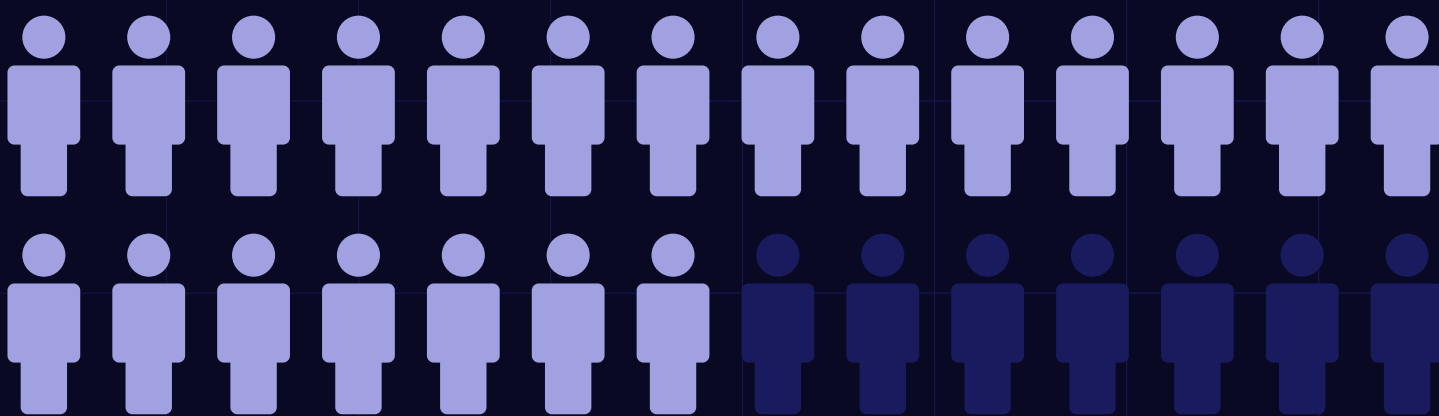
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180% increase in health and wellness podcast listening



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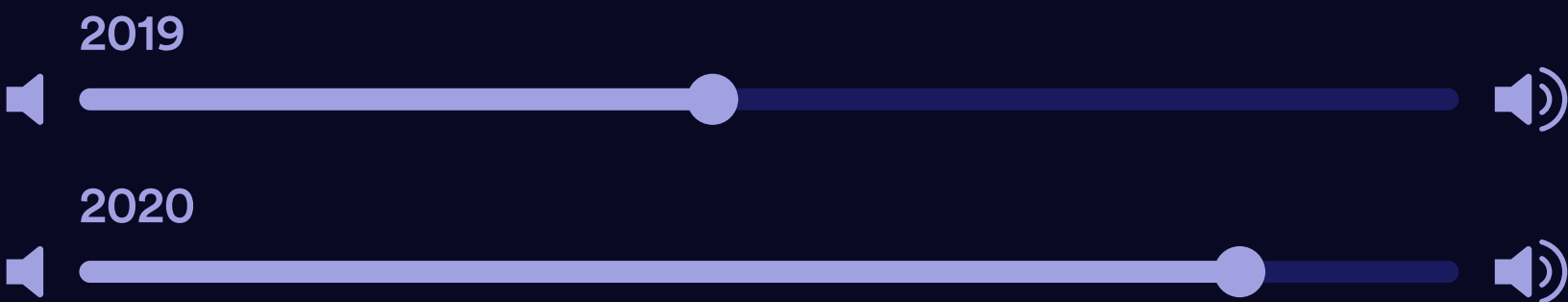
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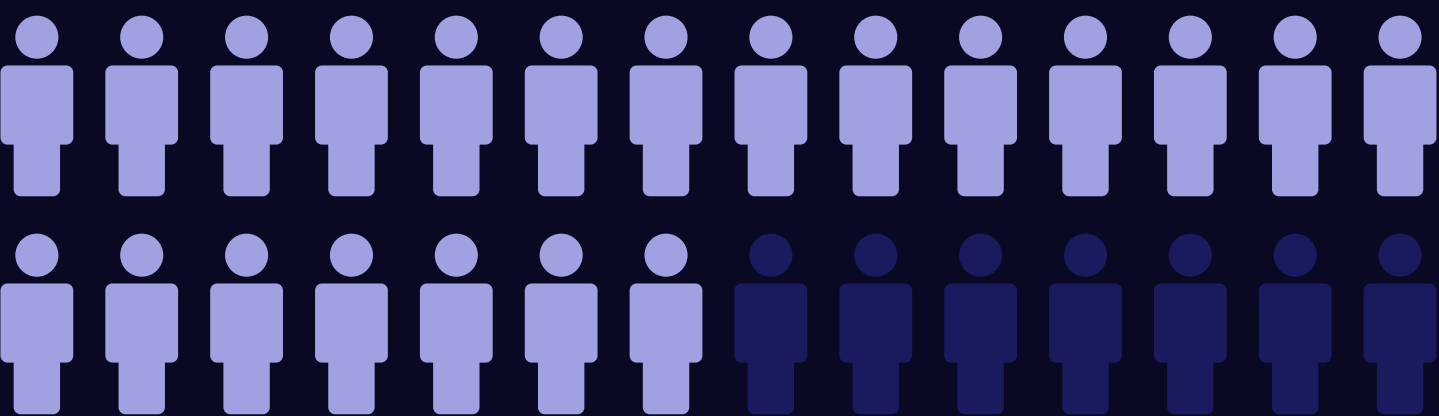


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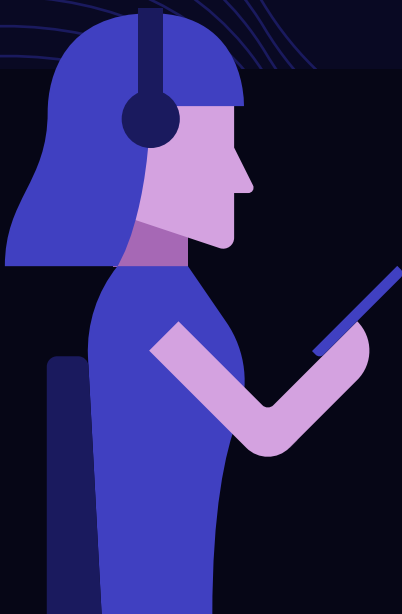
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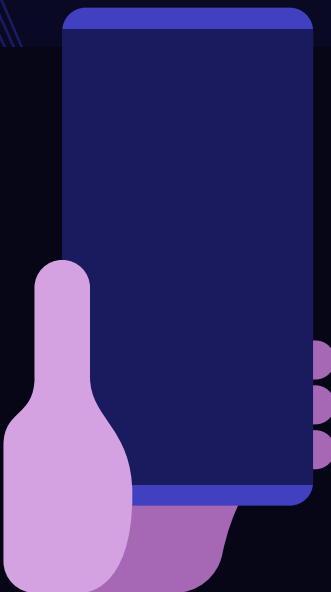
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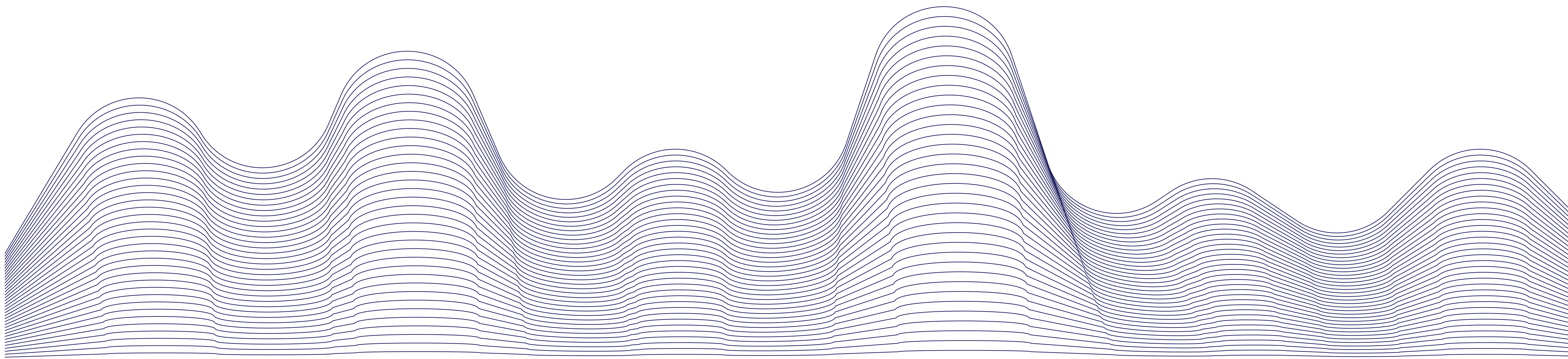
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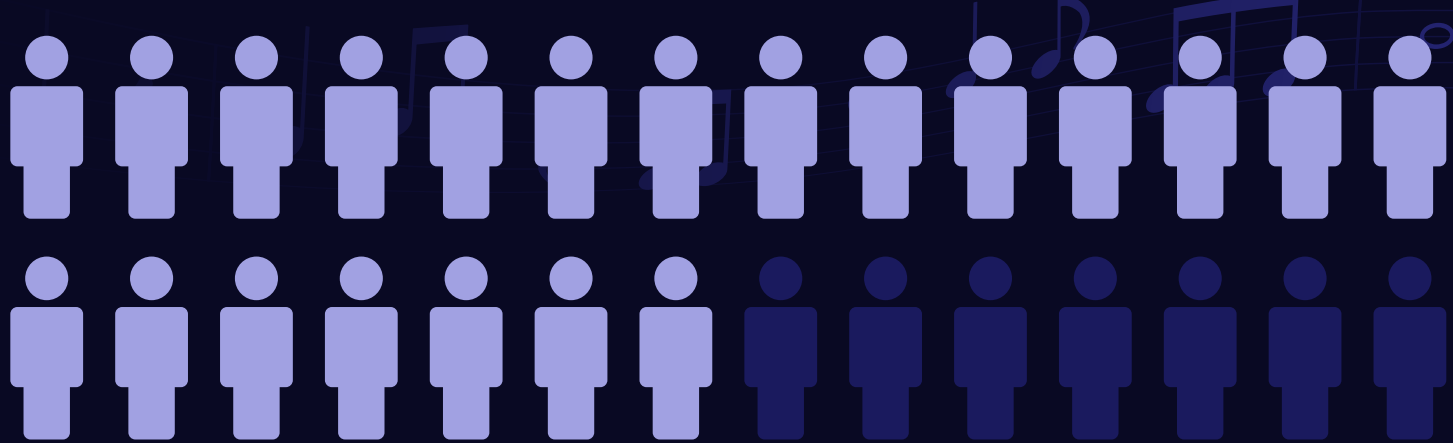
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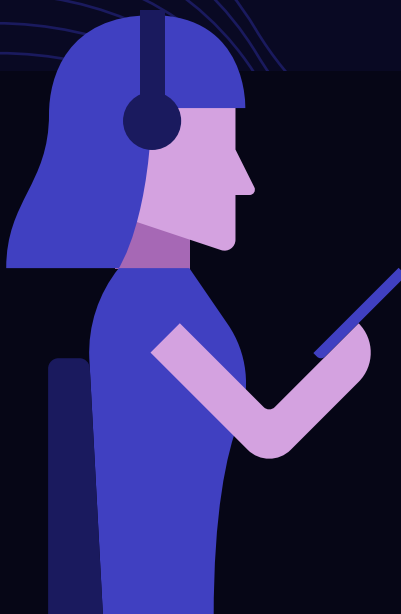


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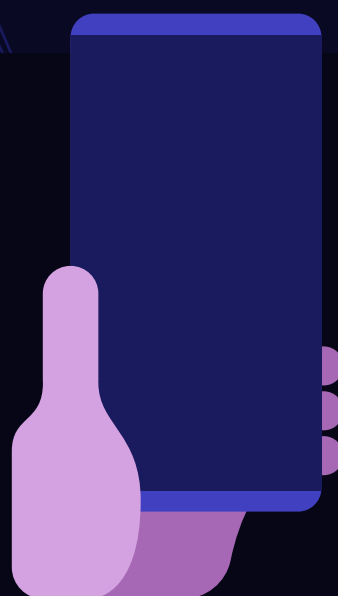
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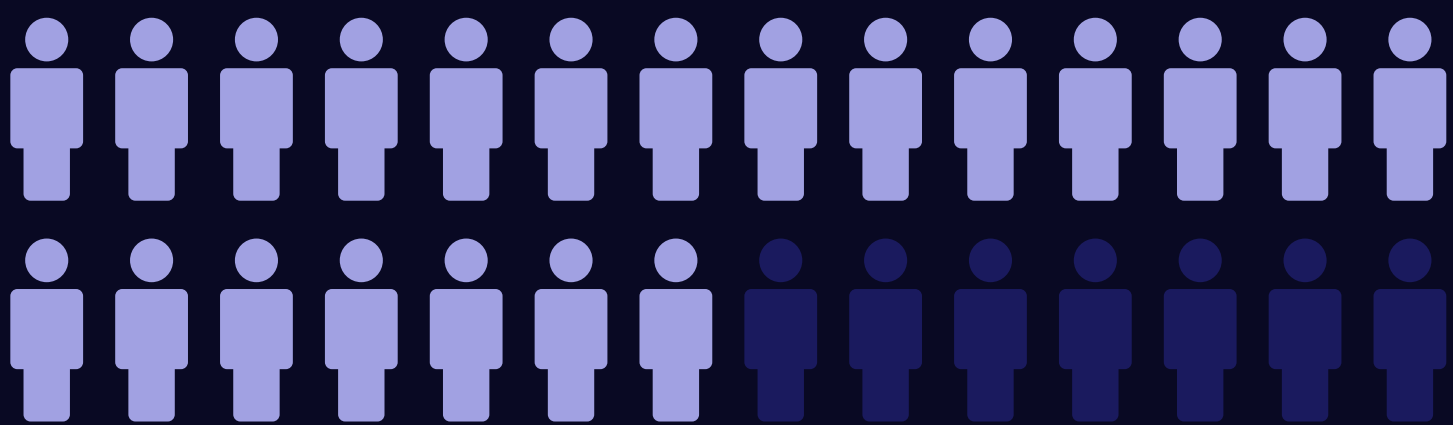
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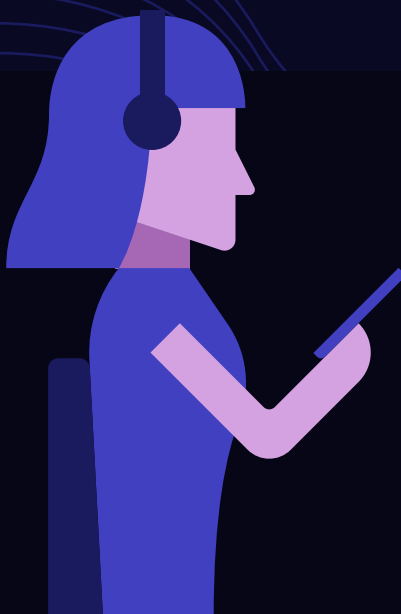
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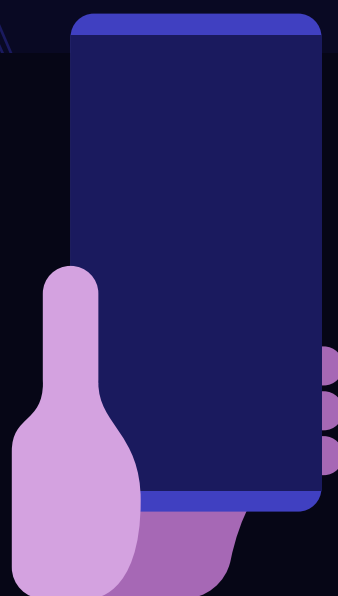


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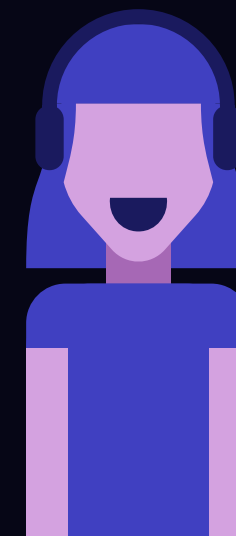
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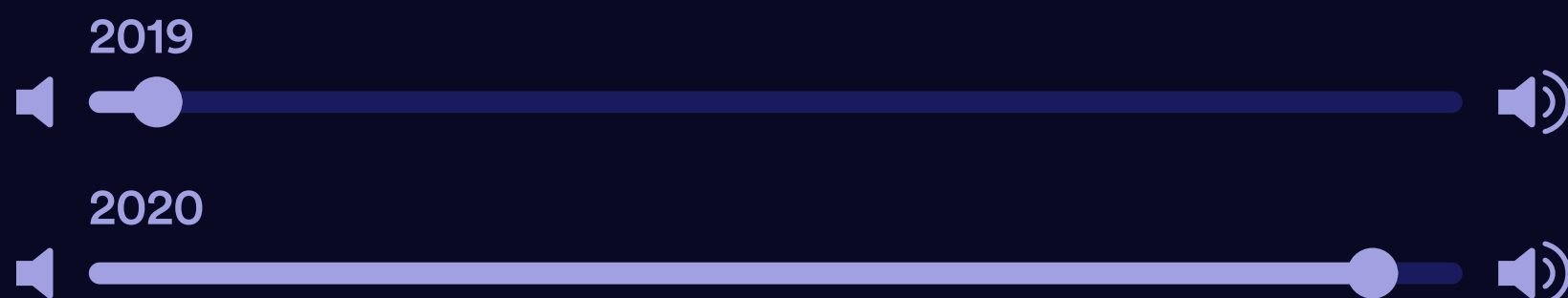
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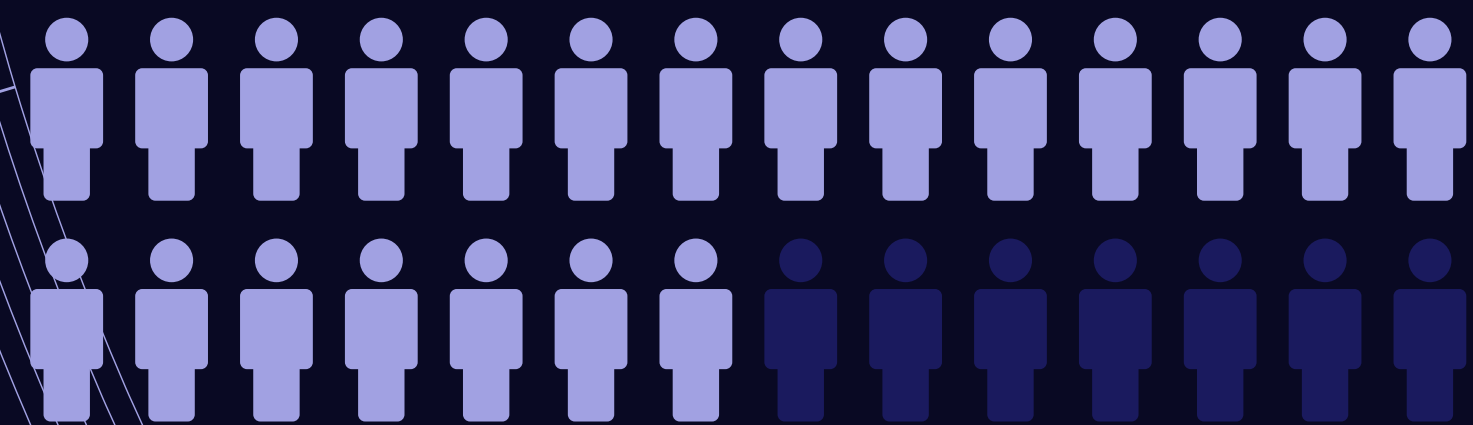
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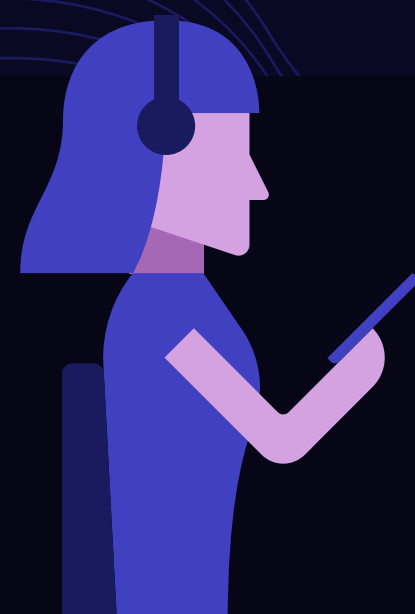
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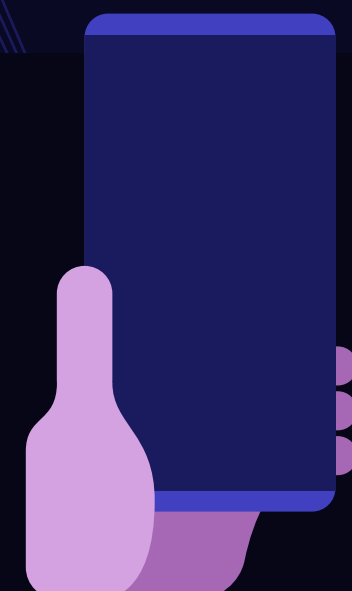


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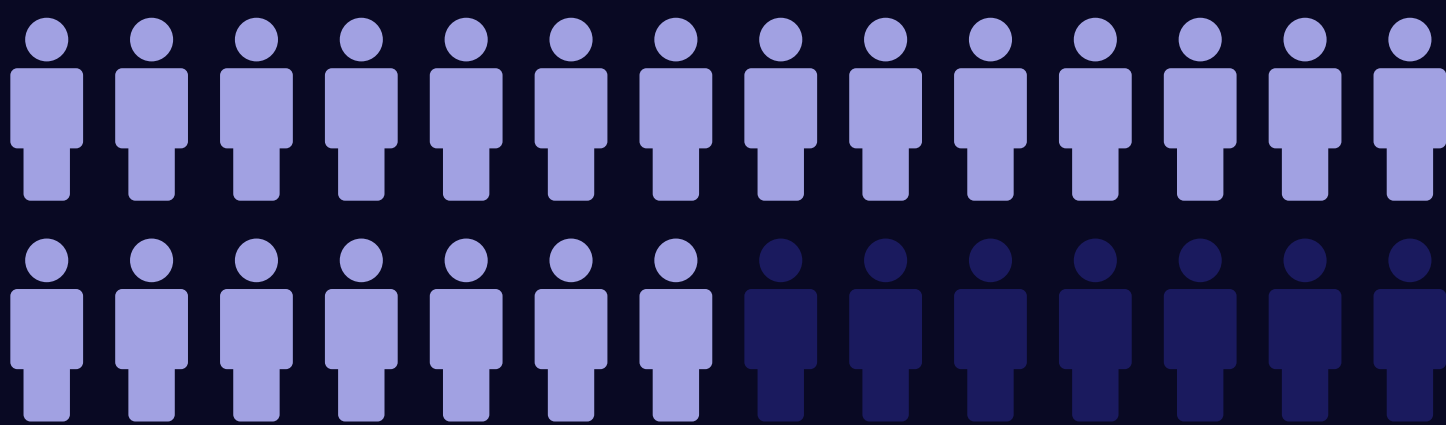
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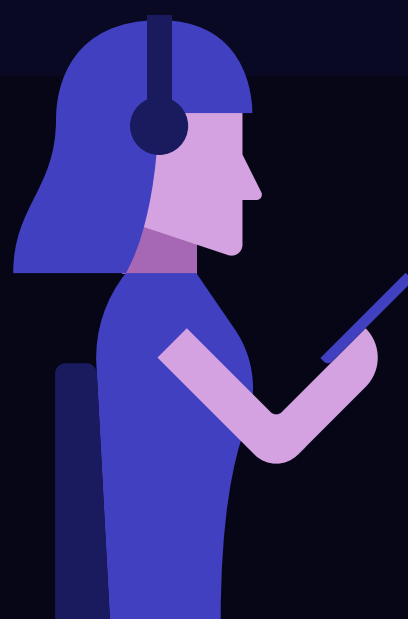
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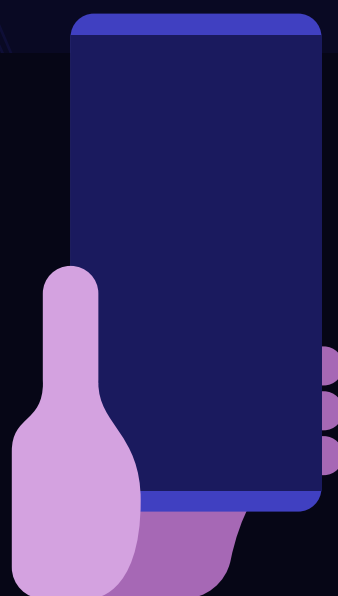


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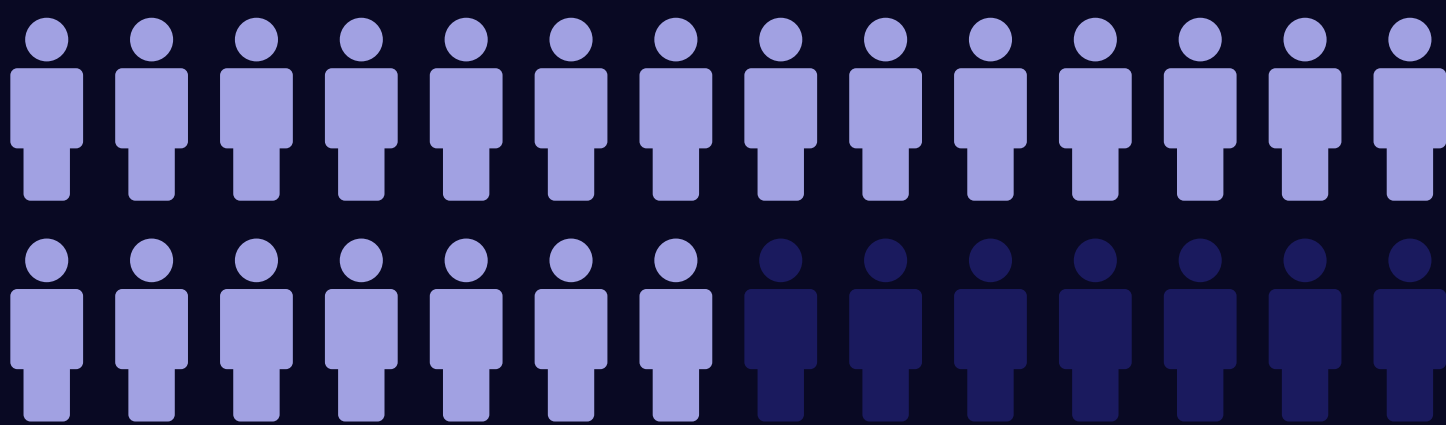
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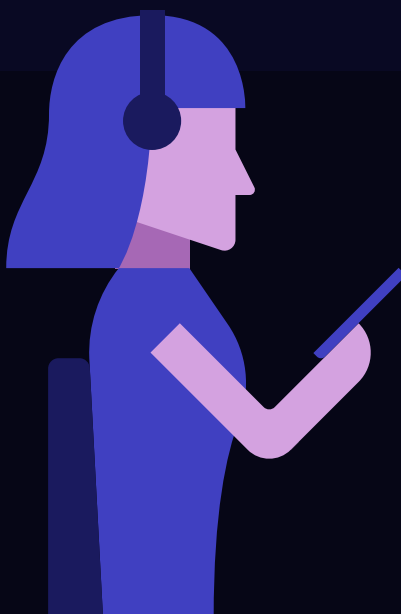
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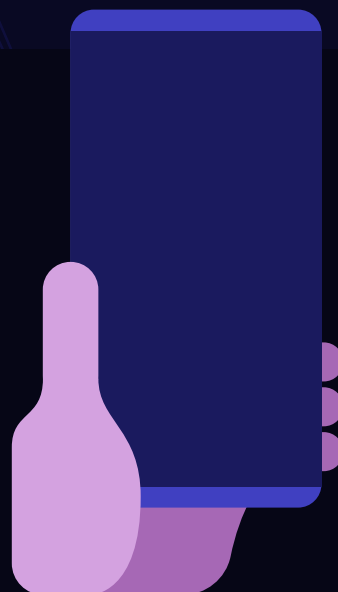


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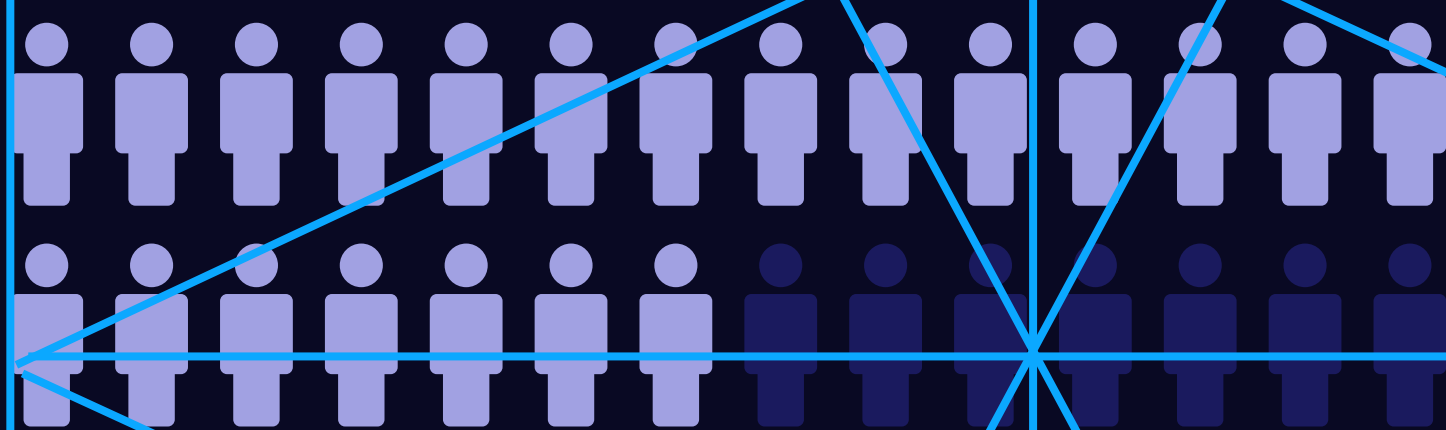
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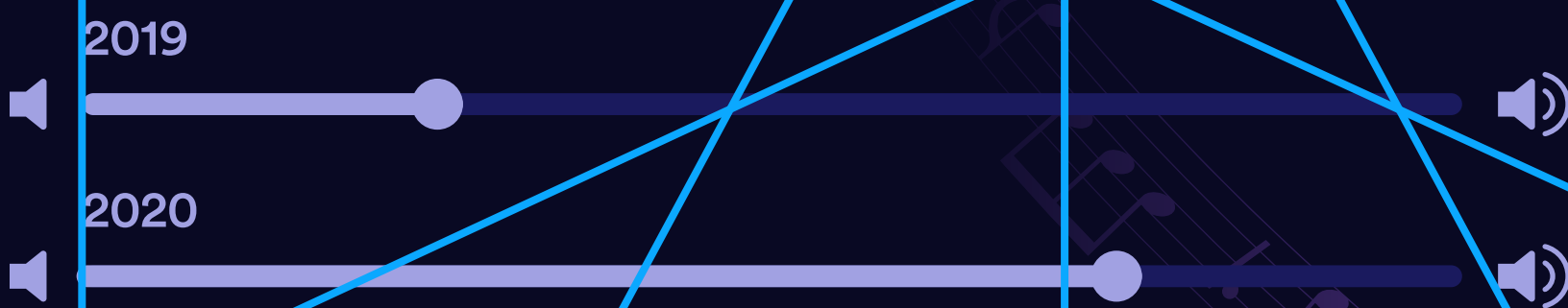
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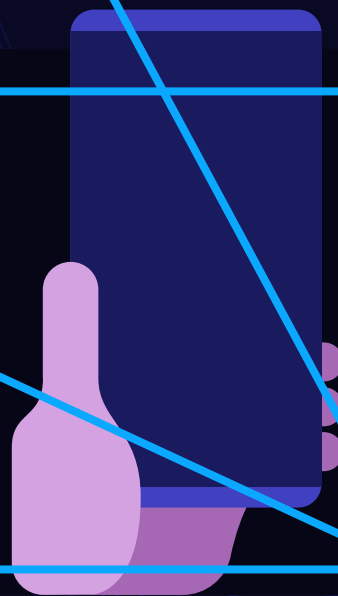


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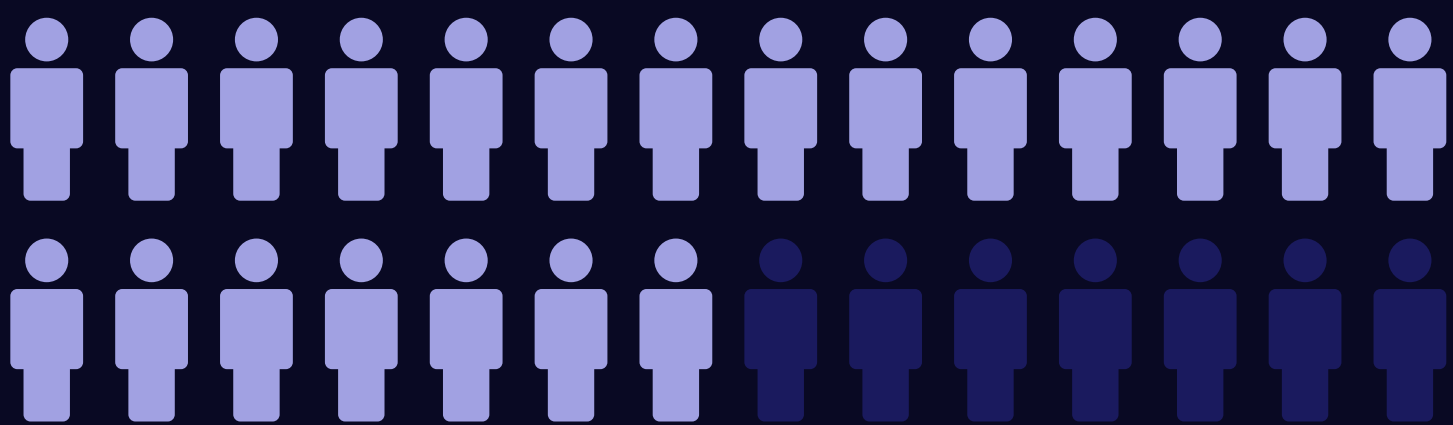
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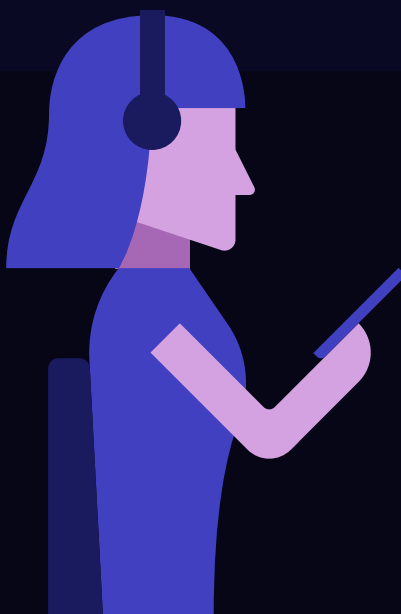
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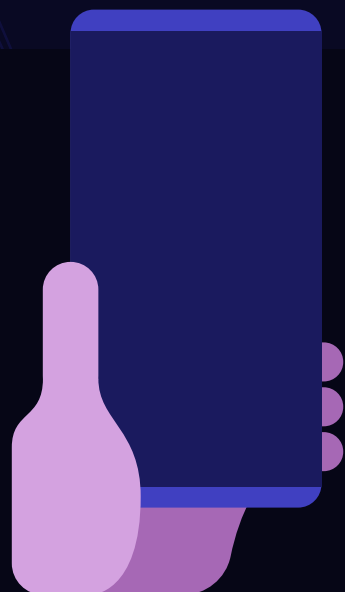
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