

Music & Mental Health Assignment

Music is an incredibly powerful tool. It can fire up or instantly calm the listener. You might find that you listen to entirely different genres of music, depending on your mood or activity. Most likely, the songs you listen to at the gym are completely different than those you listen to right before bed.

Music can be healing and empowering. As discussions about mental health become more common, songwriters are speaking out about their own struggles and their work is relatable. Personally, when I am feeling low, or anxious, “Reborn” by Kanye West & Kid Cudi makes me feel better.

For this assignment, on the Unit 4 page of your ePortfolio, I want you:

- To identify a song that speaks to mental health struggles or successes.
- Link to the video on YouTube (if it exists)
- Type out the lyrics
- Discuss how the song speaks to Mental Health Struggles/Successes.
- Properly cite the song using APA format (see below)

If you are having trouble finding a song, here are some suggestions: “Sail” by Awolnation, “Hurt” by Nine Inch Nails, or “Breathe Me” by Sia.

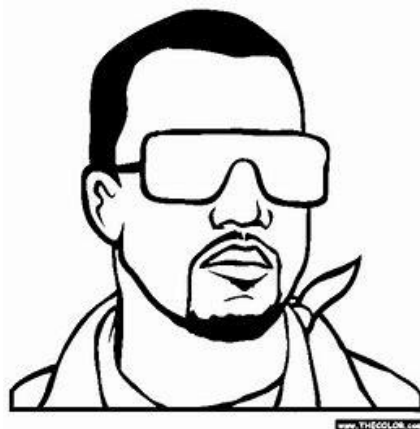
Assessment: This assignment will be graded using this course’s Reflection Rubric. /20

How to cite a song using APA:

Writer, A. (Copyright year). Title of song [Recorded by B. B. Artist]. On *Title of album* [Medium of recording]. Location: Label. (Date of recording).

West, K., Mescudi, S., Mast, E., Omishore, O. & Levin, B. (2018). Reborn [Recorded by K. West & Kid Cudi]. On *Kids See Ghosts* [Spotify]. Wyoming: GOOD Music, Def Jam. (2018).

In-text citation: (Songwriter, F., Date) Ex. (West et al., 2018)



Reborn, by Kanye West & Kid Cudi

[Chorus:]

I'm so—I'm so reborn, I'm movin' forward
Keep movin' forward, keep movin' forward
Ain't no stress on me Lord, I'm movin' forward
Keep movin' forward, keep movin' forward
I'm so—I'm so reborn, I'm movin' forward
Keep movin' forward, keep movin' forward
Ain't no stress on me Lord, I'm movin' forward
Keep movin' forward, keep movin' forward

[Verse 1]

Very rarely do you catch me out
Ya'll done "specially invited guest" d me out
Y'all been tellin' jokes that's gon' stress me out
Soon as I walk in, I'm like, "Let's be out"
I was, off the chain, I was often drained
I was off the meds, I was called insane
What a awesome thing, engulfed in shame
I want all the rain, I want all the pain
I want all the smoke, I want all the blame
Cardio audio, let me jog your brain
Caught in the Audy Home, we was all detained
All of you Mario, it's all a game

[Chorus:]

I had my issues, ain't that much I could do
But, peace is somethin' that starts with me, with me
At times, wonder my purpose
Easy then to feel worthless
But, peace is somethin' that starts with me (with me, with me)
Had so much on my mind, I didn't know where to go
I've come a long way from them hauntin' me
Had me feelin' oh so low
Ain't no stoppin' you no way
All things, the night before
Ain't no stoppin' you no way
No stress yes, I'm so blessed and-

I'm so—I'm so reborn, I'm movin' forward
Keep movin' forward, keep movin' forward
Ain't no stress on me Lord, I'm movin' forward
Keep movin' forward, keep movin' forward
I'm so—I'm so reborn, I'm movin' forward
Keep movin' forward, keep movin' forward
Ain't no stress on me Lord, I'm movin' forward
Keep movin' forward, keep movin' forward

Movin' forward, movin' forward, movin' forward
Keep movin' forward (somethin's wrong)
Keep movin' forward (I don't know why)
Keep movin' forward (so long)
Keep movin' forward (sit here in the storm)
Keep movin' forward (time goes on)
Keep movin' forward (been lookin' for my way out)
Keep movin' forward (from the storm)
Keep movin' forward (which way do I go?)

I'm so—I'm so reborn, I'm movin' forward (which way do I go?)
Keep movin' forward, keep movin' forward (which way do I go?)
Ain't no stress on me Lord, I'm movin' forward (which way do I go?)

[Chorus:]