

**For Immediate Release**



**Beatport and Arigami Release "Music Connects Us", a Report on Wellbeing in the Music Industry in Support of Artist's Mental Health.**

**First edition of this report was created in collaboration with AFEM, Silentmode and other industry leaders**

**Monday, July 12th - Berlin, DE -** Beatport, the worldwide leader of electronic music for DJs, producers, and their fans, announced the release of Music Connects Us, a ground-breaking Electronic Music and Mental Health report developed in collaboration with **Arigami, Silentmode and Association For Electronic Music (AFEM).**

Music Connects Us: Mental Health & Electronic Music Report is a free report and resource that includes insight from artists including: **Kaskade, Louisahhh, Scuba, Ben Rau, Sarah Story, Junior Sanchez and Yousef.** The report also has contributions from leading researchers and mental health experts including **Dr. Aida Vazin (AFEM), Tristan Hunt (AFEM), Ari Peralta (Arigami)** and industry innovators **Tom Middleton, George TakTak (How Mental), Belinda Matwali (Listen Up Therapy) and Bradley Dowding-Young (Silentmode).**

Back in November, 2020, Beatport hosted a special edition of its successful global streaming series, ReConnect, bringing the topic of mental health to the center stage of the electronic music community by curating a mix of DJ sessions with educational expert roundtables and live breathwork sessions. In parallel, Beatport developed a research survey with Arigami, AFEM and Silentmode to better understand artists' needs and struggles during these unprecedented times. Artists from all over the world were invited to take part and share their perspectives on the impact of the pandemic on their lives.

Music continues to be the 'go to' for our mental health needs. According to our research, 72% of respondents shared that listening to music, performing fitness activities or practicing meditation have been their top supportive tool in keeping up with their mental health.

"These are trying times for our industry. Now more than ever taking care of ourselves - our minds, our wellbeing and, the wellbeing of others - is truly vital," said Beatport's CEO, Robb McDaniels "Mental health has been one of the most talked about topics in our industry for years,

and this is a global topic that should continue to be discussed and destigmatized. Everyone at Beatport takes this topic very seriously and will continue to bring visibility to it.”

Music is the sound of our emotions. We can give our feelings a tune and find a way to tune in to another feeling. “Sometimes we may need some form of action or inaction (meditation or breathwork) to facilitate emotional relief.” - said Dr. Aida Vazin - (AFEM Health Group Co-Chair), a licensed psychotherapist, who is working with the US senate on ways to develop scalable tools that support mental health needs with music and therapy.

“Electronic music is a great supporter in setting the right mood for coping tools and can be viewed as ‘functional sound enhancement’. While Meditation is a great practice, not everyone has the same discipline to sit still. We can’t give up on billions of people who need extra support! Music helps revert our racing thoughts to our breath, music can help us sit with our discomfort and allow the body to regulate through stillness and inaction.” - said Ari Peralta, Arigami Founding Partner. At Arigami we collaborate with conscious partners like Beatport and Silentmode to help end diseases of despair.

Since 2014, there has been a noticeable decrease in global life expectancy. A large factor in this decline is called the ‘disease of despair’. This phenomenon displays the connection between increased hopelessness and depression, suicide/suicidal thoughts, and alcohol/drug related diseases. “Functional music can help to transition the mind between work/focus and home/relax/sleep modes, to bookend and soundtrack the day with mentally, physically and emotionally useful sound.” - said Functional and Wellness Music Pioneer, and Electronic Artist Tom Middleton

“Music is a powerful tool to get comfortable with stillness and containment. Mastering self awareness and emotional intelligence can help us feel safe in our bodies and become more present. At Silentmode we are committed to making support tools such as breathwork, accessible to all, including those who prefer to get in the zone with electronic music.” - said Bradley-Dowding Young, CEO & Founder, Silentmode and Breathonics.

Learn more about our report, survey findings and support tools at [www.musicconnectsus.co.uk](http://www.musicconnectsus.co.uk)

Head to Beatport’s [Twitch](#) or [YouTube](#) channel on **Monday, July 12th at 5pm CEST** to watch a discussion about the report between Ari Peralta (Arigami), Dr. Aida Vazin (AFEM) and Tristan Hunt (AFEM)

Rewatch Beatport’s ReConnect When The Music Stops #youarenotalone stream [here](#).

### **About Beatport:**

Beatport is the worldwide home of electronic music for DJs, producers, and their fans. The Beatport Store offers music in premium digital formats and provides unique music discovery tools created for and by DJs. Each week, Beatport’s music collection is refreshed with hundreds of exclusive tracks by the world’s top electronic music artists. The company also has a growing,

streaming catalog subscription service, [Beatport LINK](#). Founded in 2004, the Beatport family of companies includes [Beatsource](#), [Loopmasters](#), [Loopcloud](#) and [Plugin Boutique](#). Beatport has offices in Berlin, Brighton, Denver and Los Angeles. Follow us on [Twitch](#), [Facebook](#), [YouTube](#), [Twitter](#), and [Instagram](#).

### **About Arigami**

[Arigami](#) is an award-winning wellbeing and transformative playground at the forefront of neuroscience, technology, and sensory design. Founded in 2017 by designer turned neuroscientist, Ari Peralta, the innovation studio mixes bio data and experience design to support mental health and wellbeing across sectors.

### **About AFEM**

AFEM is a global voice for the electronic music industry, representing community, culture and commerce. AFEM's membership spans industry sectors from Labels to Live, Managers to Media, Retail to Rightsholders, Technology to Talent Agencies. AFEM is made up of over 250 company members across 25 countries ranging from industry leaders such as Beatport, Boiler Room, Defected, CAA, FUGA, !K7, Mixcloud, Mixmag, Native Instruments, Pioneer DJ, Soundcloud, Traxsource, WME through to emerging start-ups, leading managers, promoters, publishers and many others. AFEM connects its worldwide membership to develop opportunities and enable change. Follow AFEM on [Facebook](#), [Twitter](#), [Instagram](#), and [LinkedIn](#).

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Artwork:



De-stigmatising Mental Health  
Through the **Music That Connects Us**

ARIGAMI AFEM SILENTMODE how mental :)

