

Shelter

By Siya Singh

What is something or someone that protects me, like a shelter? When most people think of shelter, they think of a roof above your head, maybe a tent or a blanket. But for me, the thing that gives me shelter is my guitar. Over the years, thousands of people have discovered the benefits and happiness that guitar provides. My guitar gives me shelter because it holds memory, expresses emotion, and lets go of stress.

How does my guitar hold memory? It holds the memories of birthdays, celebrations, and countless other things that can provide comfort, and take you back to an easier day if you had a bad one. As you carefully pluck the strings with a thin, plastic pick, or with the nails of your fingers, you hear the notes that you had played on another day, and you can remember what happened. Additionally, as you hear the notes blending in harmony, you could play a song you heard back in elementary school, like a rhyme or possibly a trend.

A guitar can express emotions and here's why. A guitar typically expresses emotions because if you hit a certain chord, it plays a sound that can sound angry, depressed, excited, and content. For example, say you were happy about something that happened earlier that day. You could go home and play a happy song such as "You are my Sunshine" and "Take me Home, Country Roads." But if you felt sad or angry, you could let it go with a quick 5-minute session, playing songs such as "Another Love" or "Before you Go". Guitars can be a quick way to express your feelings without words or writing.

How does a guitar decrease stress? Well, you might be thinking-an item decreasing stress? But a guitar does that easily. A guitar can help decrease stress because if you have a horrific day and come home exhausted, anxious about a test or a report due the next day, you can relax your brain by playing a simple strum, a simple song such as "Ode to Joy." Psychology shows that guitar can actually reduce cortisol levels, the hormone associated with stress. It's like a mini spa just for your mind, a break from the world. In fact, guitar highly increases dopamine levels, which is the hormone for happiness.

So, guitar gives me shelter for three reasons. It holds memory, expresses emotion, and not only that, lets go of stress. It helps many people deal with their day to day lives, and gives people comfort with just a slight strum or a huge song. That's why guitar is one thing that protects me and gives me shelter.