



Episode #PLACEBO: Listeners' Favorite Coping Songs

It's the hilarious world of depression placebo edition, more like emotional jukebox edition really, this time around. I'm John Moe. So part of what we do on our program is we talk to people about how they've treated their clinical depression. The old Clinny D. Not necessarily cured it, that's a pretty tall order for a podcast, but we find out what has helped. What has given folks a break, a little old respite. Recently I asked our listeners for songs. What song do you listen to that's become reliable for helping you out when times are dark? I heard from a lot of people. Here's some of them.

"My name is Katie Mosher I'm from Cincinnati, Ohio, and the song that's helped me most with my depression is "Here Comes the Sun" by the Beatles. There's this version that's specifically from The Beatles love soundtrack that starts with this dreamlike rhythm and fades in with lyrics like "It's been a long cold lonely winter."

Little darling, t's been a long cold lonely winter. Little darling, it feels like years since it's been here.

"It speaks so much to how my depression feels to me, but I have hope because here comes the sun, it can get better. The song has impacted me so much that I even named my rescue dog Harrison to commemorate George Harrison, in the band that's gotten me through some pretty dark moments."

"Hi John my name is Casey Rosenberg, I'm from Baltimore, Maryland and when I feel really low or overwhelmed I listen to the Beatles song "Girl" from their "Rubber Soul" album. The song itself is slow and melancholy, but in a beautiful way. What I really love is John Lennon's breathing in the chorus, it's almost entrancing and I can't help but take a deep breath with him when he does."

Ah... girl, girl, girl, She's the kind of girl who puts you down...

"So when my depression tries to get the best of me I'll just listen to it over and over again and eventually I'll have done enough deep breathing to get to a lighter state of mind."

"Hi my name is Sarah, I'm a new resident of Asheville, North Carolina. I'm 31 and I'm still listening to short fast punk rock. My anthem is titled "The Ice Age is Coming" by American Nightmare. It only clocks in at about 40 seconds long and somehow still acknowledges all of my feelings and adds a jolt of positivity and it reminds me I can power through any obstacle I'm facing. I don't listen to this song, specifically, regularly. Only when I need it, only when I'm feeling really beaten down. Hardcore music in general is really cathartic for me. It got me

through high school and I still listen to the same bands now to get me through my workday and workouts when I'm feeling like garbage."

"My name is Laura Lehman and I live in Los Angeles. My song is actually a video of a rehearsal of the band Wilco, practicing the song "The Weight" with Mavis Staples and Nick Lowe."

Catch the cannonball, now to take me down the line. My bag is sinking low, and I do believe it's time. To get back to Miss Fanny...

"The video is beautifully shot, it sounds great, the song is great and the arrangement is perfect. But it's raw, it's a rehearsal, so you just have this really casual experience of watching magic happen. When I'm in a really dark place and I watch this video it brings tears to my eyes, I feel chills in my body, and for a few moments everything is right in the world and everything feels perfect. This recording is so beautiful."

"Hi so my name is Janet Kendall, I live in London, England and the song that came to mind thinking of songs that help me when my depression is getting the better of me immediately was "Up the Ladder to the Roof" by The Supremes, lead vocal taken by Jean Terrell."

Come up the ladder to the roof. Where we can see heaven much better. Come up the ladder to the roof. Where we can be...

"The song starts so gently and is hopeful, and it builds in the way a supreme song can to a kind of triumphant joy. It's just a reminder, me talking to myself, that we can guide ourselves to better times, better days, don't be afraid."

Ooh come on and walk. Come on and talk. Come on and sing about love and understanding

"Hi this is Kayla from Baltimore, Maryland and a song that always helped me is called "Slow Rider" by Falling Hat."

Ohhh, slow ride. Take it easy. Slow ride. Take it easy...

"When I was younger my mom forced me to go to counseling once and at the end of it the counselor told me "You know, just take it easy Hun." As not helpful as that is, for some reason in that moment I thought of the song "Slow Ride" and every time I hear that repetition of "Slow ride, take it easy..." it kind of clears my head, lifts the fog a little bit, and although it's definitely not a cure it really in that moment makes things a little easier."

“Hi this is Amy Lumierre from Fridley, Minnesota and the song that gets me through my depression is “Que Sera, Sera” by Doris Day, “Whatever Will Be, Will be.”

Que sera, sera. Whatever will be, will be. The future's not ours to see. Que sera, sera...

“I learned this song my senior year of high school to try to wow the final choir performance but I didn’t get picked, so it started out as a sad song. As I grew older, just like the song says, I had children of my own. Now I have a song I can sing to them anytime and we sing it almost every night. They know it just as well as I do and that really makes me happy.”

Que sera, sera. Whatever will be, will be.

“I’m Ann Scanlin and I live in Belengiri County Cork. my depression busting song is The Nations “Terrible Love.”

It's a terrible love that I'm walking with spiders. It's a terrible love that I'm walking in...

“I love The National so much. I’ve seen them seven times and “Terrible Love” is a song that they tend to play at the end of their shows. The buildup during it is so tremendous, the energy, it feels like the entire venue is going to blast off into outer space. When I’m depressed I’m able to listen to the song, remember those good times, and also take comfort from the line “it takes an ocean not to break.”

It takes an ocean not to break...

“Which I see as a confirmation that sometimes life is really shitty and it takes everything you have to get through it. I guess I’m the kind of person who finds comfort in the validation of how bad things are sometimes.”

“This is Tara Emcook, I’m from Alexandria, Virginia and my song is Chris Stapleton’s “Parachute.” You wouldn’t think a song used to sell trucks at sporting events would be a respite from depression but it’s just a really stable, solid song that’s comforting. It’s reassuring, but it’s not super cheerful.”

You only need a roof when it's raining. You only need a fire when it's cold. You only need a drink when the whiskey is the only thing that you have left to hold...

“Sometimes cheerfulness when you’re in the middle of depression feels like steel wool on your skin. Stapleton sings like a mix between my dad and Greg Almond and it just feels like home. A

solid, calm, stable reminder that it's going to be okay. No cheer, no sunshine and lollipops, just calm and it's wonderful. Thanks."

"My name is Michelle Platt and I'm from Callingshill, Pennsylvania. The song is actually "Believe It or Not" by Joey Scarbury, but it is the Greatest American Hero theme song."

Look at what's happened to me. I can't believe it myself. Suddenly I'm up on top of the world, it should have been somebody else...

"I worked in a position for four years that made me question my self-care practices and made me very depressed. It ended up being 50 hours a week, a lot of angry phone calls for things that were out of my control. So instead of listening to the person yelling at me I would substitute the chorus particularly, for the Greatest American Hero theme song."

Believe it or not, I'm walkin' on air. I never thought I could feel so free...

"I've never seen the show so I'm not even sure how it has gotten into my brain but that is the song that helps me feel better when I'm depressed."

Believe it or not it's just me...

"My name is Ken Baldwin, I live in Angels Camp, California. The song that really resonates with me with my depression is "Solsbury Hill" by Peter Gabriel. The biggest part of that is that even when I was depressed I felt when he said "Grab your things, I've come to take you home," meant that there was always something else out there."

"Grab your things, I've come to take you home."

"Now I see when he says that, there's hope, don't give up. Don't be in a hurry and just take your time. And that's why it's always resonated with me."

"I'm Julian Kiddleson Aldrid from St. Paul, Minnesota. The song that helps me deal with my depression is "Amy (AKA Spent Gladiator I)" by The Mountain Goats, off of their 2012 record "Transcendental Youth". What gets me about this song more than every other Mountain Goat song that also gets me is that line "do every stupid thing that makes you feel alive."

Do every stupid thing that makes you feel alive. Do every stupid thing to try to drive the dark away. Let people call you crazy for the choices that you make...

“On days where I can’t even think about living my best life and I’m just struggling for minimum adulthood viability, it’s really good to remember that there is all kinds of stupid shit I can get up to that still involves being alive, being here.”