

**GIRA**



**A STORY ABOUT**



**MUSIC &  
HEALTH**

# MY STORY

I am Gira, born and raised in a township in South Africa. I have many work tasks at home.

My parents are almost always absent. I often feel lonely and sad. I find it hard to concentrate and enjoy myself at school.

One day after school, something special happened to me...

I saw a big group of girls and boys my age playing instruments and dancing. They had big smiles on their faces.



One of the tutors invited me to join. I could not stop smiling. I got to stand beside another girl and play with her. She told me the instrument is called the marimba.

I quickly joined the field band!

The tutor that first saw me gives me nice challenges. I feel so proud when I manage them. He is also very nice to talk to. I have got many new role models and friends in the field band.





# GIRA'S EMOTIONAL JOURNEY



Gira before joining the field ba

**LOW SELF-ESTEEM  
USELESSNESS, H  
INSTABILITY & S**



Gira after some time  
in the field band:

**MOTIVATION,  
SELF-ESTEEM  
& MEANING**



Gira joins the field band:

**MASTERING,  
STABILITY  
& SUPPORT**

d band:

**SELF-ESTEEM, LONELINESS,  
HOPELESSNESS,  
STRESS**

# STRONGER TOGETHER



Health is more than not having diseases. It is also about being happy, feeling safe and mastering your daily life.

How music activities is related to Gira's health can be described in four main ways, it:

- Made her **happy thoughts** stronger
- Gave her the feeling of **mastering**
- Gave her **friendships** and a sense of **belonging**
- Strengthen her **cultural traditions, values** and **hopes**

MUSIC + HEALTH =  
MEANING, MASTERING  
AND MOTIVATION



# STRONGER SELF

Life can sometimes be hard. How you deal with problems can play a big role in your life.

Through music Gira has become stronger. She found a way of handling her challenges and in that way strengthen her health through:

- Seeking **help** and **support**
- Feeling in **control**
- Finding things that makes her **happy** and **relaxed**
- **Close** and **trustworthy** people around her
- **Mastering** something new
- Finding **positive meaning** in her life

GOOD HEALTH =  
SELF-ESTEEM, SUPPORT  
AND STABILITY



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