

PRESS RELEASE: Breaking Free – La Playa Anthem: A Song of Healing and Hope

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Released on September 16, **Breaking Free** is a powerful anthem of healing and hope for anyone navigating mental health challenges — scroll down to watch the video and begin your journey to rise above.

Over 1 billion people around the world are affected by mental health challenges, according to the latest data by the [World Health Organization](#) (WHO) and yet support is often limited. Too many continue to feel isolated and misunderstood in their struggle. That's why La Playa Media and Marketing has released *Breaking Free*, a track created to help people feel seen, supported and heard.

This song is for anyone facing moments when the weight of life feels unbearable, when returning to your true self feels out of reach. *Breaking Free — La Playa Anthem* is more than a song. It's a message of hope, healing and inner strength.

When the Journey Feels Overwhelming

Mental health journeys are often complex and deeply personal. Many of us have experienced times when life feels heavy, when the weight of anxiety, depression or trauma seems too much to carry. In those moments, it's easy to feel stuck and powerless, unsure how to move forward, or whether you ever will.

Breaking Free speaks directly to those moments when the fight to reclaim your healthy, whole self feels impossible. It's a gentle, encouraging reminder that even in the darkest times, light can begin to grow within you.

Healing is Not a Solo Path

One of the most important messages behind *Breaking Free — La Playa Anthem* is that healing rarely comes from a single source. In our experience, recovery and growth come from a blend of many things:

- **Connection** – Support from friends, family and community creates a network of encouragement.
- **Therapy** – Professional guidance helps us untangle complex emotions and develop tools to cope.
- **Self-care** – Taking time to nurture yourself restores strength and clarity.
- **Exercise and nutrition** – Physical health often supports emotional well-being.
- **Faith** – For many, belief in God and in the strength placed within us is a foundation of healing.
- **Change of Environment** – Sometimes healing begins by leaving an environment where you feel stuck, making space for renewal.

When these elements come together, healing begins to unfold, not always in a straight line, but step by step.

A Message of Resilience and Hope

The lyrics of *Breaking Free* reflect this journey beautifully:

*What once held me, now lets go
The light inside begins to grow
Rising strong, becoming me
Peace within — breaking free*

*Community lights the way
Healing starts, I find my grace
Chains of fear are in the past
Truth shines softly from within*

*A softer strength awakens me
Rising strong, becoming free
I'm whole again — I'm breaking free
Free to feel, free to be*

La Playa stays close, holding you near

The song acknowledges that the chains of fear and pain can be broken and a quieter, deeper strength can emerge. It invites you to reclaim your identity, your peace and your freedom.

You Are Not Alone

At La Playa, we want every individual to feel seen, heard and supported. Healing is a long journey, but you don't have to walk it alone.

This anthem is our way of walking with you through the hard days, and standing beside you as you rise.

We say to you: 🌻 *You will heal. You will grow. You will break free.*

About the Collaboration

Breaking Free – La Playa Anthem is a heartfelt collaboration between La Playa Media and Marketing and the talented producer @Grimes77. Together, we've created a piece that carries not just melody, but a message — one that uplifts and inspires.

Our hope is that it becomes a companion on your healing journey, a soundtrack for moments of both struggle and strength.

How to Listen

The song is available now on YouTube, Youtube Music, Spotify, Apple Music, Beatport, Amazon Music and Deezer. Tune in here:

-  [YouTube](#)
-  [Spotify](#)
-  [Apple Music](#)
-  [Beatport](#)
-  [Amazon Music](#)
-  [Deezer](#)
-  [YouTube Music](#)

Whether you listen alone or share it with someone who needs encouragement, we invite you to let *Breaking Free — La Playa Anthem* move you.

Closing Thoughts

At La Playa Media and Marketing, we are more than a company, we are a community. Through projects like *Breaking Free — La Playa Anthem*, we aim to foster healing, hope and empowerment.

If you or someone you know is struggling, remember this: every step forward, no matter how small, is progress. With faith, care and connection, breaking free is truly possible.

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