

PRESS RELEASE: Better Days — Embracing Life After Breaking Free

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Better Days is a heartfelt Afro House song that reflects the quiet, powerful phase of healing when you begin to let go of fear, reconnect with yourself and others, and find peace of mind.

There's a quiet phase that unfolds almost unnoticed, a gentle, steady return to comfort and wholeness, calm and balance after breaking free from the shadows of mental health struggles. *Better Days*, the latest single from La Playa Media and Marketing created in collaboration with Grimes77, captures this tender, hopeful journey, a musical embrace for those first steps toward healing and renewal.

This Afro House track combines soothing rhythms with heartfelt, deeply emotional lyrics to create a soundtrack for the gradual process of healing, rediscovering feeling, wholeness and a sense of wellbeing. It's a celebration of the quiet moments when life begins to feel lighter, brighter and more vibrant, even before we fully realize the change is happening. In this subtle shift, the mind clears and the heart opens as the process of learning to love life again begins.

A Continuation of the Journey

Better Days follows the breakthrough anthem *Break Free*, continuing the story of overcoming mental health challenges. While *Break Free* embodied the powerful act of breaking the fearful chains that bind and control us, *Better Days* explores what comes next: the slow and steady rebuilding of life after that breakthrough. It's about moving beyond survival mode and stepping into a space of clarity, calm and peace.

This new phase can be difficult to describe. It's not a sudden transformation but rather a gradual unfolding, where you are continually making sure that everything is really ok and strength grows quietly, fears loosen their grip and hope gently reasserts itself. *Better Days* captures this

beautifully through its smooth, flowing Afro House beats that mirror the steady rhythm of healing.

Music as Medicine

Music has long been recognized as a powerful tool for healing, self-reflection and emotional support. *Better Days* is crafted to serve as both a companion and a catalyst on the path to wellness. Its lyrics speak directly to the listener's inner experience:

*"Breathe in calm, let go of fear
Balance flows, the mind is clear
We heal, we grow, we shine
Together strong — we share our light."*

These lines invite us to embrace calm and release fear, reminding us that healing is a collective journey, one where connection and the light of a community bring light into you and help bring you back to yourself. The song's repeated affirmations of 'better days' and 'peace of mind' serve as gentle mantras, reinforcing hope and the possibility of renewal. And because everyone in the community is calm and light, you feel safe.

The Afro House genre adds an additional layer of meaning. Known for its rhythmic grooves and soulful energy, Afro House bridges movement and meditation, encouraging listeners to engage both physically and emotionally. *Better Days* harnesses this duality, offering a track that is at once uplifting and grounding, ideal for moments of mindfulness, reflection or simply finding a peaceful rhythm in the day.

A Soundtrack for Mindfulness and Self-Care

Today moments of stillness and self-care are more vital than ever. *Better Days* fits seamlessly into routines that support mental health and wellbeing — from morning rituals that set an intentional tone for the day to evening wind-downs that cultivate calm before sleep. It's a reminder that healing is ongoing and that music should be a nourishing part of that process because it restores you.

Whether you're just beginning to emerge from a difficult time or are well into your journey of recovery, *Better Days* offers a steady, comforting presence. Its gentle rhythms and hopeful lyrics help create a safe space to reflect, reset and recharge.

Collaboration and Creative Vision

The collaboration between La Playa Media and Marketing and Grimes77 is a fusion of vision and artistry. Together, we have crafted a song that not only sounds beautiful but carries deep emotional resonance. We are so thankful for creative visuals from diverse talented filmmakers like Taryn Elliot, Morten Lovechild, Jess Loiterton and many others who helped shape the song's message into a fully immersive experience and bring the emotions to life.

The visuals in *Better Days* reflect the quiet beauty of healing through simple, grounding moments. We see a girl who, for the first time in a long time, is starting to feel something again — no longer numb, she begins to move with passion, expressing emotion through dance. There are scenes of nature and animals, elements that bring you peace without asking anything from you.

A moment of a girl collecting shells on the beach offers a sense of stillness and grounding, reminding you of how calm can live in small, ordinary moments. These visuals don't just echo

the song's message, they let you feel it. You begin to sense wholeness returning, your heart opening, and the deep calm that stays.

Why Better Days Matters

According to the World Health Organization, over 1 billion people worldwide are living with mental health conditions. *Better Days* reflects that quieter, often unspoken phase of healing: the gradual return to yourself. It's not sudden. It's not dramatic. But over time, you begin to realise that something is shifting inside you, and you're starting to feel alive again.

In this stage, many things come together, and one of the most powerful is breathing. As you breathe, something changes. The fear and looping thoughts that used to dominate your mind start to lose their hold. Your thoughts become clearer and you feel more balanced, more present. You may not even notice it happening at first, but eventually you realise that your mind is lighter. You're not as overwhelmed anymore.

You're no longer being controlled — not by people, not by panic, not by external pressure, and not by the weight of massive decisions pushing you down. No longer trapped in survival mode, you begin to feel a soft sense of relief, a quiet strength that moves within you. It's not loud, but it's steady and it doesn't need to shout. It simply is and it comes from deep down.

Your heart begins to open. You start to feel safe enough to reconnect to yourself and to others. Healing doesn't have to be carried alone. It may begin in solitude, but you're never truly alone. When you reach out, when you open yourself to community, the journey becomes lighter. Together, we are stronger. Together, we share our light.

And little by little, clarity emerges. The weight of confusion and uncertainty begins to lift. And then, the calm stays. It doesn't disappear. It stays, and it stays deep.

You realise: you're no longer just surviving. You're living your better days with a brighter mind. And for the first time in a long time, you have peace of mind. Because for so long, you didn't. For years, peace of mind seemed impossible. And now, finally, you have calm.

Listen Now

Experience the gentle power of *Better Days* for yourself. The official music video is now available on YouTube — watch it here: <https://youtu.be/nmUzln3dZRE>

Now streaming on all major platforms: 

Spotify: <https://open.spotify.com/track/3sTKREwkYTOsO4ZcAlzKOI?si=4182362849d44318> 

Apple Music: <https://music.apple.com/us/album/better-days-single/1847009600>

 **Beatport:** <https://www.beatport.com/release/better-days/5510512>

 **Deezer:** <https://link.deezer.com/s/31kqXjNMwBGUjD0HBM7yU>

 **YouTube Music:** <https://youtu.be/iFLXB4x5VJ4?si=vwLdBQdgaUO2NMtZ>

Better Days is now bringing its message of healing and hope to listeners around the world. La Playa Media and Marketing invites you to like, subscribe, and share to support this meaningful journey through sound.

Lyrics Preview:

*Breathe in calm, let go of fear
Balance flows, the mind is clear
We heal, we grow, we shine*

Together strong — we share our light

*No control, flowing free
Strength within moves quietly
Open hearts, clear skies
Calm stays, steady and deep*

*Better days, brighter mind
Peace of mind, peace of mind*

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