



Singing and dancing around my house to Broadway music helps me cope, especially during challenging times. Lately I've been listening to a lot of Mamma Mia, Phantom of the Opera, Lion King, Wicked, Les Misérables and The Greatest Showman. Each song brings up different emotions and you can almost always find a tune that helps to express how you're feeling. Dancing and singing while making dinner is especially fun!

-Erica Marden, Child Psychiatry Fellow