



Significant Minds Podcast

For the second audio project idea, I will do a podcast about my struggles with schizophrenia and depression and mental health in general, and things I've learned that help me, and would help others understand themselves a little better. This is an actual idea that I formulated with my friend, but he got too busy. The alternative idea to this is called "Mike On Mountains", where I hike a mountain, with someone or by myself, talking about mental health struggles and overcomings. The sound scape would be the mountain and forest winds and birds. The free audio could be comedic stabs that aid in the listener's experience. I would narrate as I walk, or sit at the end and talk, using all the audio I captured.

Duration may be 4- 6 minutes.