

- ❑ Artist Name: Jason Mark
- ❑ Track Name: Calm
- ❑ Track Length: 3:26
- ❑ ISRC Code: AU2EB2000009
- ❑ Writer/s Name/s: Jason Mark
- ❑ Release Date: 21/07/2020
- ❑ Album Name: No Bad Days
- ❑ Website address: <https://www.jasonmarksmusic.com/>
- ❑ Youtube:
https://www.youtube.com/channel/UCxSuu_dMSwSepYTScbghoCg/featured?view_as=subscriber
- ❑ Facebook: <https://www.facebook.com/JasonMarkMusic/>
- ❑ Bandcamp: <https://jasonmarkmusic.bandcamp.com/releases>

Jason Mark – Calm

A song I wrote during a tough time in my life. It was a realisation that material things are meaningless when it comes to your health and state of mind.

I wrote ‘Calm’ as a Gospel song when I was struggling with the stresses of life as a parent. I was worrying about the future and things that were out of my control. I thought that only I could solve all my problems. I suddenly realised that by letting go of what might happen and reaching out to others that I was able to find relief. I think this song is truly relevant to what some people may be experiencing right now. I really hope that people can relate to the message in the song, that we are not alone, and that sharing your worries and problems with someone can bring about peacefulness and calm.