

Taylor James:

Welcome to another episode of Psychs and the City. Today I'm joined by an incredible mental health advocate, the creator of serotonin. Yes, just like God created everything. If that's what you believe in, obviously we accept everything. Put it out there. But, Will, thank you for joining me. Welcome to Psychs and the City.

Will @ Serotonin Sessions:

Oh, thank you so much for having me, great. I'm really excited to have a chat with you.

Taylor James:

I feel like I completely ruined that intro. But do you know what? I'm here for it. It was quite funny.

Will @ Serotonin Sessions:

I appreciate it. Again, you could have led with just Will and I would have been happy.

Taylor James:

No, I like to kind of like hype [crosstalk 00:00:47].

Will @ Serotonin Sessions:

Got to pick me up, yeah.

Taylor James:

Yeah, gets the people going.

Will @ Serotonin Sessions:

I appreciate that.

Taylor James:

So obviously the podcast is all about mental health, having this conversation, breaking down the stigma, but also giving people the tools and coping mechanisms that will help them either be the best version of themselves or just to get them through when things get a little bit off. We've connected a few times over Instagram through this exact topic. So obviously as soon as we put season two together, I was like, "Yes," as soon as obviously we saw your name, we were like, "Yes." So a long time coming. So we've got to be a part of it. I want to go back a little bit. So how did that all start? Why do you do what you do?

Will @ Serotonin Sessions:

I was in a very fortunate situation that when, from a really early age actually, probably somewhere around 13 years old, I always had this knowledge that I wanted to be a PE teacher. And I had a perception of what a PE teacher could be. And that sort of stayed with me all the way up through my university years. And then I got into my training year for PGC, which is a one year teach train you do after, basically an undergraduate at university. And I would just remember going into multiple schools and looking at the PE curriculums that they had and the approach they were taking and the topics they were talking about. And I just found myself basically questioning what the PE curriculum needs to look like to support young people, not just in being the best footballer or the best rugby player or whatever

that might be and thinking, "Well, actually, what are life skills that we need to include within that curriculum to help students basically get from a really challenging and confusing set of years into adulthood and still be in control of who they are, being able to maintain their own identity."

Will @ Serotonin Sessions:

So I then, after my training year, moved to Cambridge where I then took my first PE teaching job and I've been very fortunate to work under a fantastic head of department and to work in a really nice school in that sense. And basically a couple of years in, at this point I was already starting to formulate all of my own ideas as to what that curriculum could look like. And at that point, the person that was the second in department was actually about to leave. So basically I went to my head of department said, "Look, these are my ideas and things that we can include." And we already had a big focus around the character of an individual. We've always had that as a rotating theme, because again, yes, it's great that you can play sport, but are you able to leave the school environment as a positive contributing individual who can deal with all sorts of situations?

Will @ Serotonin Sessions:

So I put forward all the ideas I had and a big part of that was to do with mental health. And he just completely understood where I was coming from, resonated with what I was saying. And we ended up basically creating a curriculum, which means that now students have the confidence to talk to me about how they're feeling, not just physically, but also mentally. And I think that that's a really important conversation to start from a really young age to help normalize that whole experience. So that's where the journey has come from in a very loose sense.

Taylor James:

Do you know what, Mate? I have so much respect for that because it's something that when I was a kid, when I was in school, I didn't know anything about mental health. Physical health yeah, obviously if you break your arm, you can see you broke your arm. But when I was in school or even secondary school, these conversations weren't happening. So the fact that you've got someone like yourself going in at such a young age, introducing this mate, fair play to you. I was trying to articulate a thing of that, but [inaudible 00:04:53], that's incredible.

Will @ Serotonin Sessions:

I appreciate the feedback. And again, it's important that I never take all the credit in these things because I had these ideas come to me, but it's based off practices and other things that I've seen from others. So I think that there was, just in comparison to when I was at school, because if I maybe just contextualize specifically to PE, for a lot of people you had a good experience in PE if you were good at sport. And so many people just didn't get the opportunity to understand what physical activity in general can do for, yes, your physical wellbeing, your social wellbeing, but also your mental wellbeing. And I think we've started to see a slight change in society and more recent, really, I'd say since the lockdown, especially that's when we've really seen the conversation kick in.

Will @ Serotonin Sessions:

But I think there was traits starting to kick in, but I'm not someone who wants to really go in at 50%. This is an important topic of conversation, we need to have this. Something that we talk to all kids about and what better place to do that in a physical environment as well. I feel very fortunate to be in the situation I'm in, for sure.

Taylor James:

It creates a ripple effect though. I think any conversation around mental health causes this ripple effect of like, "Okay, I feel confident in you. You feel confident in me to share how you're actually feeling," but then what he also does, it gives other people that you're telling that they can then talk to someone else about like, "Oh, I'm feeling a little bit anxious. I'm feeling this, this, and this and whatever it might be."

Will @ Serotonin Sessions:

Yeah.

Taylor James:

But the fact that we're doing that to the younger generation, I'm a little bit jealous in a way. And I have such a respect because I think since being on this whole journey myself and having these kinds of conversations, like with yourself, I've got this thing ingrained in me. I'd like to be the person that I needed when I was younger. So the fact that there's people like you now who exist, who are doing this phenomenal work for the younger generation, the ripple effect that is going to have is insane. And I just hope that it just keeps going the way it's going, because don't get me wrong, we're moving in a really good direction, but we've got so much more work and conversations to do and have.

Will @ Serotonin Sessions:

Yeah. And that is the thing with school in general, at least from my perspective, it's that ultimately they will always be the next generation every single time that we do this. So my perspective is that, in reality, every single part of this country in terms of working profession, whether that be public or private, they have felt a real big squeeze in the most recent times in terms of financial constraints. But I think my mentality, wherever it can be, obviously I know what it limits to an extent, but my mentality, wherever it possibly can be is just to ensure that you can create on the ground experiences that don't require money, but just require someone who is there and is willing to talk to someone about these issues without it coming from a place of judgment.

Will @ Serotonin Sessions:

And certainly a knock on effect that I've seen of that is that, if I take, for example, a certain group of boys that stereotypically would be the ones that are constantly in trouble, constantly getting sent out of class, constantly causing issues for teachers, is that when they would maybe initially have been joking to one another, because they were down or whatever, now that I'm having such frequent conversations about how they're feeling mentally, you're starting to notice actually now, obviously not to the extent that you would like to see because they're still children, they're still learning how to socially interact, but more of them are more understanding of how someone is feeling mentally.

Will @ Serotonin Sessions:

And if someone's saying, "Look, I'm not feeling good today, or I can't do this. I can't do that today," instead of it being like, "Oh yeah, you can't, you need to do." It's no longer that mentality all the time. And you're getting that level of understanding, which yeah, if you're generating that in a, well, I teach from year seven all the way to year 13, so if you're teaching that in an 11, 12 year old all the way up through until 18, there's hopefully some knock on effects that we'll get from that.

Taylor James:

I think there will be, there has to be, because I think a lot of people are taking it more seriously now and they are starting to see that the effects that their behaviors, their actions and their words can have on others. There's one of the things I wanted to talk to you about, especially obviously with yourself being a teacher. We're still in this whole, obviously weird pandemic situation, obviously you're back in school now, was there an underlying conversation of mental health and wellbeing whilst, because I imagine obviously, no one was in the schools, were they, at that point?

Will @ Serotonin Sessions:

It was a very, very surreal time. Because when everything just closed down, the reality is, I think it didn't really matter what business or wherever you were working because obviously in the context of the school environment, the exams for year 11, those sort of years, that they're so fixed, they have been to so many years, that when they said all exams are canceled, all lessons are done we're all going home, there was initially this moment of what on earth is actually happening here? I can only credit my principal because he managed to navigate through this whole experience, it's incredible. But I digress, in relation to the mental health side of things, there was definitely a higher volume of conversation that had to be had around mental health during this time, because it's a thing like anybody, for everyone it was a resetting experience in some way, shape or form, a time just to take a moment and breathe.

Will @ Serotonin Sessions:

And I think in that sense, I think it was great for many people. But at the same time, they had so much time to dwell on thoughts, feelings, and what they were missing out on. And definitely the number of students that were willing to also say, "Look, I've been really, really struggling," that would manifest itself in a few ways. It might be that they do none of the work. It might be that they're just struggling with their daily emotions and things like that. So there was definitely an uptake, but what we try to do again within PE is to create something as normal as possible, we basically started creating video based content. So that, again, coming back to that whole concept of social wellbeing, I think what students at that age want is just to be around other people and yeah and play to an extent.

Will @ Serotonin Sessions:

Don't get me wrong, obviously they enjoy education as well, but you just want to be with your mates and if you can't be with them, you can't even really rationalize then what is going on because it's never happened to you either. So I think the loss of being in the school environment was huge. And I think then a knock on effect for your older years, so your year 11 students, was that because there was such a lack of certainty in anything that was going to happen to them, I think if you've spent your entire school career trying to get to a point of being prepped for exams, and then you're told that they're completely gone, don't get me wrong, I'm sure loads of students to be fair, I don't blame them because it's quite an intense window of time that you go through.

Will @ Serotonin Sessions:

But I'm sure multiple of them loved it. But then I always then think back to the ones that are putting every ounce of effort they could do. And that is pretty crushing to the not being able to have the opportunity to show all the effort that you've put in.

Taylor James:

It's that big buildup and then getting to the airport and being told, "You're not allowed to be on the flight."

Will @ Serotonin Sessions:

Great analogy. I'm not sure where you've plucked that one from. What was great as well in the school environment is that obviously we talk about the students being the focus of making sure they get the support with mental health. And we were doing weekly check-ins with all the kids in our form classes and stuff. But it was also then to the teachers, because for some teachers that work in a school environment, maybe not including myself here, but if they'd been working in this environment for 30, 40 years, they don't know anything else of how education can work outside the confines of what it originally was. And for so many staff, it was really good to be able to have regular check-ins from heads of department or from other members of the staff, because it's a really stressful time.

Will @ Serotonin Sessions:

And the difference for them is that on top of having to deal with completing all of their own work and things, but they've then got whole families that they then need to look after and still trying to deliver multiple lessons during the day. So again, even though in the window of time it was happening, I think it was obviously a real challenge for teachers. And they've come out, the practice that I've seen come out of it is amazing.

Taylor James:

They've come out swinging, haven't they? Absolute heroes for getting the younger generation, even the old, not the older generation, but that is from, secondary school, to get them all through that, genuinely like real, real heroes.

Will @ Serotonin Sessions:

Yeah. And again, that's just the nature of what a lot of teachers are like in this scenario. And again, it's not to say that's linked to just teachers. I think so many people in so many different areas, they looked at it for what it was, they put the grind in it and they made it happen. But yeah, it was such a rewarding thing to be part of because in addition to, obviously I did all my home teaching, there were then some days that for students that were either vulnerable students or key worker students, they would be in school every day. So there'd be a couple of times a week that I would go in and support with that. And it was just great to talk to students in a context, in a school context, but not in the school context that they've ever known it before. And it really helped to have these open and realistic conversations that, yeah I'm certainly going to be carrying forward going into the rest of my practice. So it's surreal stuff.

Taylor James:

Negatives and positives, this is what we love about this kind of conversation.

Will @ Serotonin Sessions:

Yeah. I think it has to be. If you looked back on this year and saw it is nothing but just basically an empty space or a waste of a year, in so many ways, I won't get this time and same with you in some regard, but I'll never get this time again until I'm retired probably where I've had so many months off. And if you can't look at the fact that it's provided opportunities to do things very differently to what we are normally used to, I'll be very interested to see what growth comes from this year. And hopefully some really important reflections, which hopefully will come back again to mental health as well.

Taylor James:

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I'm going to throw out there, I didn't experience any time off because I worked throughout the whole thing.

Will @ Serotonin Sessions:

Yeah, I imagine you were probably busier than ever.

Taylor James:

At one point I had three jobs.

Will @ Serotonin Sessions:

That is insane.

Taylor James:

I don't know how that happened, but still here, still having the conversation.

Will @ Serotonin Sessions:

Yeah. How did you even fit that in each day? That's insane.

Taylor James:

I don't know.

Will @ Serotonin Sessions:

It's very impressive.

Taylor James:

At one point I had bags under my eyes and it was starting to look like a Panda.

Will @ Serotonin Sessions:

Fell like all worth it though. And again, it's the things that you're working on and in the context again of the time that we had, what better time to be able to have a source of not only information, but entertainment around the topic of mental health during a window of time where probably everyone in some way shape or form experienced some form of mental health issue maybe that they hadn't before. So yeah, credit to your hard work. And again, the sort of thing that you're focused [crosstalk 00:17:41]. But that's what it has to be. You're not going to get that opportunity or that context ever again, well, touch wood.

Taylor James:

We're literally on the way out.

Will @ Serotonin Sessions:

Yeah. Unlikely that we'll get something like that, at least in the near future. So yeah, credit there man.

Taylor James:

No, thank you.

Will @ Serotonin Sessions:

I touched wood, fingers crossed.

Taylor James:

A lot literally, whatever else brings you good luck. Speaking of obviously working on things throughout lockdown and creating these platforms that we have, we've got to talk about Serotonin, we've got to talk about the Serotonin session. So you, and obviously your little team as we were talking about before we started recording, sorry, you've created this incredible platform that promotes obviously physical health, mental health, and more importantly in my eyes, wellbeing. Because I feel like as a generation, as humans, we don't give ourselves enough time to actually really look after ourselves. I know going to the gym is so important or whatever kind of form of exercise is really good, not only for your physical and mental health, but wellbeing just taking that time.

Taylor James:

And this is one of the things I'm really grateful of the pandemic for, because it's taught me that it's okay to be bored. I used to look at being bored as a real negative thing. Whereas now if I've got a little bit of time and I feel like, "Oh, I'm a little bit bored," I'm embracing it. I was like, "Yes, I forgot what this felt like."

Will @ Serotonin Sessions:

Yeah.

Taylor James:

So how did that all start? You've chose a really difficult name to bring it into conversation? So how was Serotonin created?

Will @ Serotonin Sessions:

How was Serotonin created? Well, it's actually very much based off, and this is where I can only really thank the scenario I was in is that, in the world of what I was doing in teaching, the free time that you have to think outside of the... So I was thinking outside of the box with our curriculum, but to really think about the wider picture, the whole picture, there just wasn't really enough time for me to do it. So when the first lockdown kicked in, I think like everybody, I maybe spent the first couple of weeks just taking in the change and I'm very fortunate that I live with some housemates that I got on really well with. And our house set up is, we're so fortunate to be in.

Will @ Serotonin Sessions:

But because I then had that time just to think a little bit more, what I started to do is go, "Right, well what I love or what I really enjoy doing what I'm doing in the school environment and the curriculum and things that I can create and what I can contribute, what is it that I can do beyond the school walls that will have the same impact of what I'm trying to do in a curriculum, but just in a slightly more freer context?"

Taylor James:

Yeah.

Will @ Serotonin Sessions:

So what I started to do was just brainstorm some ideas as to certain things I'd like to do and it actually ended up that it started as something that I basically envisioned this whole idea of it being like a revamped version of a community center, where when I perceive community centers in the UK, I perceive a rectangular hall with maybe some shutters with a fridge and a toaster. That's what I understand community centers to be. And obviously, there's so much that happens within them to make them the community space, but I don't see them as these really connecting buildings and spaces. So I basically thought about that idea. And obviously that has to be many in the future, because there's a lot that I need to get to before that, but it actually meant that I had a starting point and a finishing point.

Will @ Serotonin Sessions:

But I then needed to basically work my way back and think, "Right. Well, what can I do with the context I've got now?" So I knew that it was always going to focus around the concept of supporting the physical, mental, and social wellbeing of as many people as possible. And I'm really happy that you picked out wellbeing as a key phrase there, because you're right. For me, wellbeing, it encompasses so much. And I think that it's one thing to say, "Yeah, it's great to go to the gym," but it's another thing to say, "We need to try and look after our mental health or have these experiences." And I want to create something that encompasses all of that.

Taylor James:

It's the glue, I find, that sticks it all together.

Will @ Serotonin Sessions:

A hundred percent, a hundred percent. And it's something that every single human being needs to be aware of and also know how to act upon to support their wellbeing, in my opinion. And basically what that led me to do was I'm starting to reach out to as many different people as I possibly could to basically create some form of video that focused on a purpose of either entertainment, education, or enjoyment in some way, shape or form. So it meant that I was reaching out to chefs. I was reaching out to DJs. I was reaching out to personal trainers. I was reaching out to artists and all the things like that. And I was starting to utilize all these different things to, again, just provide a space for people to come and appreciate just getting involved in something that makes them feel good.

Will @ Serotonin Sessions:

And then, because it's such a new idea just, and this is probably my favorite part of what Serotonin is all about at the moment is that I don't have my fixed route of this is how I'm going to get to this finish line. So it's allowing me to deviate and to do really interesting things that I think, in the long run, it's going to benefit a number of people. So something that I've started doing much more frequently now is interview based or I would prefer to call them probably conversations, but conversations with people from different backgrounds and talking about their profession, but also the way in which that interacts with wellbeing in general.

Will @ Serotonin Sessions:

And I'm going to be looking to host some music based events in the future. I'm looking to host some community-based sport things, because again, for some people it's not about necessarily joining a team, but it's about having an opportunity to get involved in some form of physical activity six o'clock on a Thursday, and just having that mental release from what they're doing. So because it's serotonin and it's wellbeing, initially the hard part here is that I'm casting a big old wide net. For me, I see the possibilities is endless, but what is really nice in, certainly in the months that it's grown and I've been able to reflect and think about it, is that it's starting to definitely take much more shape in terms of something that is of value to other people, which is what the main thing is here. It's not about me. And this is the core concept of Serotonin is it was never about me being able to be putting myself on a big platform so that I can benefit from this. From the get go, it's all about helping others in some way, shape or form.

Will @ Serotonin Sessions:

And it's just great that I've created this platform at the age I have now, because by being patient, I think it's going to provide a place to support quite a number of people, whether that be physically, mentally, or socially. So super, super exciting stuff. I'm really excited for it.

Taylor James:

And I genuinely count my lucky stars or whatever people count when they feel lucky, that I sit down and have conversations like this, because I didn't know any of this kind of existed. So now I have this position where I'm talking to other people who have got these phenomenal passion projects. I don't think you've stopped smiling, talking through that whole just telling us what it was. And it just gives me fire in my belly just to know that I just want to make things better for other people being that person that I felt like I needed when I needed to know about mental health. I needed to know about the importance of looking after yourself, especially when it comes to wellbeing. I get so chuffed that I get to have these kinds of conversations with people like yourselves.

Will @ Serotonin Sessions:

Well, it's in similar vein as to why I myself have wanted to start having conversations, because as you say, in the first instance, there's something unbelievably rewarding and satisfying talking to because for me, I hold same value of this conversation we're having now. It's so great to be able to talk to other people who, the intentions behind their actions are so pure and just see that these amazing little pockets of things that are starting to exist around the country. And I don't know whether you've ever heard of it, but there's a place in Manchester called Feel Food Club. And basically they are a cafe space, but it's all a lot of advocating around mental health. It's really worthwhile you having a look into that, but just being able initially with the benefit of Instagram and getting to know channels like yours as you start finding other channels that hold that same vein. But yeah, being able to have that one-to-one interaction is amazing because it fuels your own creativity and it gives you some hope for the world.

Taylor James:

It gives you some Serotonin.

Will @ Serotonin Sessions:

It gives you some Serotonin. Hey, there he is. There he is.

Taylor James:

You're just a gift that keeps on giving.

Will @ Serotonin Sessions:

Wow. That's it. That's it. That's all I needed.

Taylor James:

There you go. To be fair, I've asked quite a lot of people who come on the show about, obviously about the whole mental health thing, but what are your go-to's when things are a little bit manic? What do you do to release some serotonin and look after yourself?

Will @ Serotonin Sessions:

Yeah. And just the nature of being a PE teacher, I obviously love being physically active. So I make sure that I, even, even though I know it's going to tire me out, I always make sure I get up before I go to work at least four times a week and I'll go to the gym, because I find that that is a significant release to me. It's something that I can really fixate on in the moment that I'm doing it. So that's a core one. Something that actually started up very recently back at my school, and it's going to probably fuel some things that I want to try and create in the future is that we do Friday Night Football. So basically all the teachers finish work and then we'll just play for an hour, no fixed teams or anything.

Will @ Serotonin Sessions:

But honestly, every single session that we have, everyone comes off as like, "Oh, I really needed that. That was great." So that's another one. Something that I actually picked up during the second or the more recent lockdown was that I now try and meditate every single day. So I try and between 15 to 20 minutes, because from my own knowledge of everything, and also just knowledge of myself, sometimes your own voice, the voice that sometimes goes around in your head, it can be so loud at points that actually it can be really, really debilitating. And I was just starting to recognize that in myself every so often, and just being able to have that 15 minutes that I set to myself to just concentrate on how to manage those thoughts. I would say them are absolute core ones, but then beyond that, it's about being with friends. And if I can on nice weather or days with nice weather, I'll go for a walk or listen to music. It really depends on what I feel like...

Taylor James:

Or podcasts.

Will @ Serotonin Sessions:

Or podcasts. Hey, where I live in Cambridge, there is some beautiful walks that I literally shove some earphones in wacky the same music or a podcast on, and then I'm all in, I'm all in. In fact that's... Gosh, I need to remember what it was. Who were you talking to? But there was one that was a really poignant one around this idea of feeling the fear and doing it anyway. Oh, I can't remember who. But one of your guests was talking about that concept and yeah again...

Taylor James:

I wish I could remember. I feel like you've put me on the spot. I should remember who said that.

Will @ Serotonin Sessions:

Well, you have really gone through a lot of different guests, so I will forgive you for that one. I was expecting you to pluck that straight out.

Taylor James:

I remember it being said, but who said it? I don't know. It was probably Jeff, it might have been Jeff.

Will @ Serotonin Sessions:

I'm not entirely sure. I'm not sure. But regardless, throwing on a podcast and going for a walk, it's priceless. Because not only are you learning something, you're also getting yourself out and active.

Taylor James:

It's a bit of space. It's just that little bit of a breather that I think, especially after this past year that I think we've all needed.

Will @ Serotonin Sessions:

Definitely.

Taylor James:

One of my final questions that I have for you and it's one of the things that I love about the Serotonin Sessions and your page in general, is this constant little throwback to music. I'm going to ask this on what I can only describe it as the hottest day of the year, because it's getting a little bit uncomfortable here.

Will @ Serotonin Sessions:

As you said that, literally a bead of sweat fell onto my t-shirt.

Taylor James:

That's why I had to move the cushion from behind my back, because that heat.

Will @ Serotonin Sessions:

It was worth it though. It was worth it coming onto here for an hour. I can deal with sweat for an hour. It's all right.

Taylor James:

There we go. You'll have a shower, it's fine. But with the sunshine in, and with this people quite clearly needing a little bit of kick of Serotonin, what is your ultimate feel good song?

Will @ Serotonin Sessions:

Wow. Now you're asking someone who loves all music. Okay. I would say that, I'm not going to be able to give you a singular song, because otherwise I'll be here for days trying to rack my brain. A band that I had, well, there's two, but the first major band I'd recommend is something called Khruangbin, I'll have to spell that out for you. But it's basically this trio band, a bassist, a guitarist and a drummer. There's no vocalist, but the guy who plays the guitar is basically the vocalist. He creates music, it's insane. But they have a certain aura to them and a certain vibe that I have been obsessed with and actually made me

pick up the bass guitar and start learning in the last year. So a hundred percent need to have a little look at Khruangbin.

Will @ Serotonin Sessions:

And then my other person who I have to say, just because I bang on to my mates about this particular person a lot, so they'll always take the mick out a bit, but Tom Misch as well is another superb.

Taylor James:

Strong choice.

Will @ Serotonin Sessions:

Yeah, Tom Misch. Some of the times, man, honestly, you can't beat it. You cannot beat it.

Taylor James:

That's a vibe. I hate using that word, but...

Will @ Serotonin Sessions:

But it's a vibe. It is a vibe. So it's used in the right context.

Taylor James:

Well, my face is aching from smiling.

Will @ Serotonin Sessions:

Me too, man.

Taylor James:

I love everything that you do. It's so important. And to see and be able to have this kind of chat with someone who has so much passion and getting so much joy from what they actually do, don't ever stop doing it because you're making such a difference.

Will @ Serotonin Sessions:

Thanks so much man, I appreciate it.

Taylor James:

Where can people find you?

Will @ Serotonin Sessions:

Yeah, so I'd say the main place to come and find us is on Instagram at the moment. It's at Serotonin\_Sessions. And then in the bio of the page is our website. But at the moment it's non-existent, but what it will do is will get you the opportunity to go and look at our, for example, our t-shirts or to go and look on YouTube to have a little look at the conversations we've had or to go onto our Spotify playlist. When it feels like summer, just head over to the Serotonin Spotify playlist, but that's where you can find us at the moment.

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Taylor James:

Will, you're an absolute legend. Thank you for joining me.

Will @ Serotonin Sessions:

Thank you so much for having me, man. I really appreciate it. It's been great talking to you.