

HELEN

I HOPE YOU HATE YOUR LIFE – SINGLE RELEASE



Helen's latest single, "I Hope You Hate Your Life," is a breakup anthem that dives into the world of synth-pop. The song speaks to the messy mix of emotions that comes with ending a relationship and watching your former partner move on with someone new. The production incorporates the synth-pop of the 80s, modernized with layered guitars and stacked vocals. "I Hope You Hate Your Life" was produced, engineered, and recorded by Max Greene at Helvig Studios.

Helen is a pop singer-songwriter based in Minneapolis, Minnesota. Known for her clever, witty, and relatable lyrics, her songwriting employs the storytelling traditions rooted in country and Americana and sets them to a modern pop production. Drawing on the universal experiences of girlhood, dating, and surviving your 20s, she connects with her audience through acknowledging the emotions, fears, and desires that many are afraid to say out loud. Helen's five-piece band includes Ryan Lorenson on drums, Miles Paquette-Falk on lead guitar, Tyler Stromquist-LeVoir on bass and backup vocals, Annalie Nelson on backup vocals and synth, and Helen on keys, rhythm guitar and lead vocals. They also cover several beloved pop artists from whom Helen draws inspiration, such as Taylor Swift, Olivia Rodrigo, and Phoebe Bridgers.

RELEASE DETAILS:

Local and National Street Date: 04/17/2026

Genre: Pop

FCC Clean

Composition: Helen

Lyrics: Helen

Production: Max Greene

Engineering: Max Greene

Studio: Helvig Productions

Lead guitar: Miles Paquette-Falk

Bass: Tyler Stromquist-LeVoir

“Her songs sound like a diary with a drum beat.” – Music In Minnesota

SINGLE RELEASE SHOW

with Ben Vogel and MegaFlowerPower

Pillar Forum | May 26, doors 6:00 music 6:30 | All Ages

Tickets: \$10 adv \$12 door

<https://www.pillar.com/collections/tickets/products/music-helen-5-26-2026>

PAST DISCOGRAPHY

Waste of Time, Single,
2025



Confessions of a Girl in
Love, EP, 2023



When the Heartbreak
Comes, Single, 2023



CONNECT

Webiste: helenmusicofficial.com

Spotify: [Helen](https://open.spotify.com/artist/helen)

Apple Music: [Helen](https://music.apple.com/artist/helen)

Instagram: [@helen.musicofficial](https://www.instagram.com/helen.musicofficial)

FB: [@helen.musicofficialfacebook](https://www.facebook.com/helen.musicofficialfacebook)

Tiktok: [@helencicely99](https://www.tiktok.com/@helencicely99)

Bandcamp:

helenmusicofficial.bandcamp.com

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Comes, Single, 2023



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Website: [helenmusicofficial.com](https://www.helenmusicofficial.com)

Spotify: [Helen](https://open.spotify.com/artist/helen)

Apple Music: [Helen](https://music.apple.com/artist/helen)

Instagram: [@helen.musicofficial](https://www.instagram.com/helen.musicofficial)

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