

Stress Busters Music Therapy



Choosing music with a slow rhythm (slower than the natural heart beat which is about 72 beats per minute) has been shown to be very effective in reducing stress in most people. Enjoy nature sounds like ocean waves, wind, water flowing over rocks. Listen to your favorite oldies or childhood favorites!

research suggests the benefits of music therapy include:

- **Music and Physical Relaxation:** Music can promote relaxation of tense muscles, enabling you to easily release some of the tension you carry from a stressful day
- **Music as an Aid in Stress Relief Activities:** Music can help you to get into the "zone" whether you're exercising, practicing yoga or even soaking in the tub. Music takes an already effective stress reliever and makes it more effective!
- **Promotes a Positive Focus:** Upbeat tunes can take your mind off what stress you, can help you feel more optimistic and positive! This helps release stress and can even help you keep from getting as stressed over small frustrations.
- **Promotes Positive Affirmations:** The way you see the world and the type of "self-talk" you use can also have an effect on your stress level, which is why **positive affirmations** that create more **positive self-talk** are so helpful. Music that has affirming lyrics can bring the double benefit of music and positive affirmations, helping you to surround yourself with **positive energy** and more often look on the bright side. You're much less likely to let stressful situations "get to you" when you're in a positive state of mind.

More Health Benefits of Music Therapy

- *Reduces stress and anxiety*
 - *Reduces heart rate*
- *Can help to lower blood pressure*
- *Decreases the levels of stress hormones*

Plan Ahead...

Think of music or songs that would help you to relax during a stressful situation and have them on hand. Create a playlist on your ipod or smart phone so that your choice of stress reducing music is always handy.

**One good thing about
music, when it hits you,
you feel no pain.**

-Bob Marley