

Stress Busters



Music Therapy

Suggested Programming

Take this 4-6 week period to advertise this area as a way to manage stress (not to mention all the other benefits that go along with Music Therapy). This is an opportunity to bring your groups together and implement some of this organization wide. Programming is always more fun with a group.

1st

Start the day or shift with a group music session (This may work better with some groups and situations than others). Start a meeting with one song to get the group in the right frame of mind. Take this opportunity to pass out the benefits of Music Therapy handouts.

- Try doing this every day for the 4-6 week period. You may even be able to set a room aside designated simply for music (let the music play all day in that room, so someone can go in for a song or two and then come out refreshed and rejuvenated).
- People may grumble a little at first or even laugh, but most groups find they enjoy it and look forward to it after a while and may even decide to keep it in their routine.
- Remember... Music can completely change heart rates and moods, so be mindful of what you pick. Take suggestions from your group. You might even change up the style of music each week to demonstrate the individuality of taste in music and the way different styles of music can have different effects on people.

2nd

advertise a lunch and learn/webinar that compliment this topic such as “Energize... Mind, Body and Soul”. Also below is a suggested simple lunch-n-learn program to compliment this topic

- Pick 5-10 songs (different styles and speeds of music)
- Have a simple sheet with a list of the songs
- Play the first verse and chorus of a song

-Have people answer the following questions

-How does this song affect your mood?

-Does this song energize you or relax you?

-Would this song/style of music help with your stress or increase your stress?

-I would include a wide range. Some examples might be (Everything from Beach Music, Classical, Blues, Heavy Metal, to Country). The wider the range of music the better and with different speeds. This would be a great one to get your committee involved on. People love music and they love to share the music they love. GET THE GROUP INVOLVED. There are no right answers here. A song that relaxes one person may stress another out. This is about allowing people to get to know what music effects them and how so they can best utilize it as a "STRESS BUSTER"

3rd

Have fun with the information and simply make it a theme for your group over the next 4-6 weeks in a way that best works for your personal working situation.

Ohhhhh , don't forget to take pictures and brag about what your group is doing at your location. It may give the others great ideas and spread positive morale.