

Music

Many people know that music can change your mood, enhance relaxation and focus your attention. It also can reduce anxiety and pain and promote healing.

Listening to music and music therapy may:

- Have a positive effect on blood pressure and heart rate.
- Relieve feelings of depression and hopelessness.
- Help you learn relaxation and visualization techniques.
- Distract you from thinking about medical procedures, pain or treatment.

Music that promotes relaxation often has a regular, slow-to-moderate rhythm. It doesn't have exceedingly high or low notes. It has a melodic sound that is smooth and flowing.

Every person has different tastes in music. A person's preferences are influenced by the environment, their education and cultural factors.

PLAN AHEAD

Consider how you would like to listen to music. Personal options include cell phones, a CD player and online sites or apps which you can access on your phone or a laptop.

Next, think about the music that would help you relax. Download those songs onto your device.



WHAT IS MUSIC THERAPY?

Music therapists use music to restore, maintain and improve their patients' mental and physical health. A music therapist may sing or play an instrument for a patient. When you listen to recorded music and attend a concert, you may be using music as a therapy.

TIPS FOR SUCCESS

Music affects you in different ways. It is important to match your music selections with your listening goals. At first most patients need peace and distraction if pain is intense, however, over time, they may seek music that offers them energy and pep. Music with a faster, livelier beat may become more helpful as you begin to move and exercise for enhanced healing. Experiment with different playlists and make new ones to meet your changing needs.

RESOURCES

Calm is an app that offers relaxing music selections. They offer a free limited trial: calm.com

Some patients find the simple sounds of singing bowls to be more soothing than music. You can listen to them here: youtube.com/watch?v=gq8snFSEwLU

American Music Therapy Association (AMTA) musictherapy.org