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Empowering Caregivers. Renewing Hope.

Using Your Own
MUSIC FOR WELLNESS
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For many of you, music is an important part of life. Music may help you to relax when you're stressed, feel better when you're upset, or give you a boost of energy when you're feeling worn out. Music may alter your mood in a variety of settings and is often part of the backdrop for many life events. So, it's no surprise that music can be a helpful tool for promoting your physical and mental wellness. By listening to recorded music with intention, you can help meet some of your own wellness needs.

HOW TO START
Let's look at how you can use recorded music for your own wellness.

Think about the following as you explore how to make recorded music work for you.

1: First, identify your own music preferences. There is no right or wrong! Base it on what you like and on which music speaks to you.

2: Next, take a deep breath and think about how you're feeling right now. Name the feeling if you can.

3: Finally, ask yourself the following questions as you select songs from your favorite kinds of music:

- What is your current mood?
- What kind of music best matches how you feel right now?
- When you're done with the music listening exercise, how do you want to feel?
- What kind of music best matches the mood you want to be in when you're finished?

CREATE YOUR OWN PREFERRED MUSIC PLAYLIST FOR RELAXATION AND STRESS REDUCTION
Now comes the fun part! It's time to create your very own Relaxation Playlist using your own preferred recorded music. By creating and listening to this playlist from start to finish, the hope is for you to feel calmer and more relaxed by the end.

To create your Playlist, you will be using recorded music you know and like. You'll find the music and songs you choose generally fall into one of the following three categories:

Higher Stimulation Category: This means the music/songs may be louder, faster, more complex *(music and/or lyrics)*, highly emotive, and overall, more stimulating.

Medium Stimulation Category: This means the music/songs will be moderately loud, have moderate tempo/speed, and casual lyrics.

Lower Stimulation Category: This means the music/songs will be slower, softer, comforting/soothing and have minimal lyrics. Or they may be instrumental with no words. These will be less stimulating and more relaxing.

STEP 1:	Start with music that matches your current stress level.
	This probably will fall into a Higher Stimulation Category.
STEP 2:	Pick 3-4 songs from this Higher Stimulation Category and add them to your play list.
STEP 3:	Pick 3-4 songs that you feel fall into a Medium Stimulation Category and add them.
STEP 4:	Pick 3-4 songs that you feel fall into a Low Stimulation Category.
	These will complete your Playlist.
STEP 5:	Review your Playlist layout.

You will have around 10 songs, maybe a few more or less.
The songs from your Relaxation Playlist should look something like the sample layout below:

_____'S RELAXATION PLAYLIST

1: Fastest, loudest, most complex, most stimulating.
2: Faster, louder, more complex, stimulating.
3: Fast, loud, complex, stimulating.
4: Above average speed, above average volume, decently complex, moderate stimulating.
5: Average speed, average volume, average complexity, casual listening.
6: Average speed, average volume, below average complexity, casual listening.
7: Below average speed, soft volume, lower complexity, casual listening.
8: Slow, soft, comforting lyrics, low stimulating.
9: Slower, softer, comforting/relaxing lyrics, lower stimulating.
10: Slowest, softest, most relaxation *(maybe no words)*, least stimulating.

CREATE YOUR OWN PREFERRED MUSIC PLAYLIST TO BOOST YOUR MOOD

Now that you've created your first playlist, let's create another one that will give you a boost when you're tired or feeling down. By creating and listening to this Energizing Playlist from start to finish, the hope is for you to feel more energized, more alert, and in an overall better mood by the end.

Here are some simple steps to create your own Energizing Playlist:

STEP 1:	The general order of songs in this playlist is essentially the reverse of your Relaxation Playlist.
STEP 2:	However, you do not have to use the same songs!
	In fact, it may be a better idea to use all different songs with this playlist.
	Again, you can choose around 10 songs *(a few more or less is okay.)*
STEP 3:	Review Your Energizing Playlist layout. If you followed the reverse of your Relaxation
	Playlist, it should look something like the sample below:

_____'S ENERGIZING PLAYLIST

1: Slowest, softest, most relaxing, least stimulating.
2: Slower, softer, comforting lyrics, lower stimulating.
3: Slow, soft, comforting, slow stimulating.
4: Below average speed, soft volume, lower complexity, casual listening.
5: Average speed, average volume, below average complexity, casual listening.
6: Average speed, average volume, average complexity, casual listening.
7: Above average speed, above average volume, decently complex, moderate stimulating.
8: Fast, loud, complex, stimulating.
9: Faster, louder, more complex, more stimulating.
10: Fastest, loudest, most complex, most stimulating.

CONGRATULATIONS!

You have created two of your very own Music Playlists from your favorite music. One is to help calm you down when you're feeling stressed and overwhelmed, the other is to give you a boost of energy and pep when you need it. Please note that recorded music listening for wellness can be helpful, but it is not the same as clinical music therapy. If you experience strong emotions during music listening or you find that you're experiencing overall more serious feelings, please contact your healthcare or mental health provider.

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