



Music & Stress Relief

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TIPS

- When feeling **overwhelmed** assess your **self-care** needs and make an “action plan”.
- Be sure to meet your **physical, emotional, spiritual, psychological,** and **social** needs.
- For quick relaxation and **stress relief** (mental and physical) **use PMR** with calming music, such as “Liquid Mind”.
- Use a **guided script** to keep you focused, such as those from www.the-guided-meditation-site.com/guided-meditation-script.html

Singing Benefits:

- Safe & socially appropriate means for expressing emotions
- Music acts as a "Container" for emotions
- Self-exploration/ awareness
- Build relationships
- Group cohesion

Improvisation Benefits:

- Self exploration- feelings, thoughts, events
- Explore relationships
- Develop social skills and relational skills
- Safe & socially appropriate means for expressing emotions
- Opportunity to problem solve
- Distract & reduce negative feelings
- Increase verbalization
- Improve mood
- Group cohesion

Progressive Muscle Relaxation (PMR) Benefits:

- Relaxation
- Stress relief
- Distract from negative feelings (physical or mental)
- Reduce anxiety
- Increase focus

Lyric/Song Analysis Benefits:

- Self-exploration/ awareness
- Emotional expression
- Stress relief
- Sense of control
- Support

RESOURCES

www.amusictherapy.com/book

<http://uku-lelaththerapy.com/about-balanced-self-care-and-list-of-activities/>

<http://uku-lelaththerapy.com/freebies-login>

<http://www.liquidmindmusic.com/>

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