

Music for Stress Relief



Music can affect the body in many health-promoting ways, which is the basis for a growing field known as music therapy. However, you can use music in your daily life and achieve many stress relief benefits on your own (Scott, 2020).

1. Getting Ready in the Morning

That's right! Waking up with music can make starting your day feeling great. By selecting the right tune, you can set the tone for a lower-stress day.

2. During your Commute

Music can relieve some of the tension you feel from the commute itself and the day so far.

3. Cooking

While you're making your favourite healthy meal, try putting on some smooth jazz or a similar genre of music that you enjoy. This way, cooking becomes a fun activity rather than a chore at the end of a long day.

4. While You're Eating

Soothing music can trigger the relaxation response, which can lower cortisol levels, making it easier to digest food. Studies have shown that classical music can help you eat less, digest better and enjoy your food more.

5. Cleaning

Keeping an organized home can really help reduce your stress level, but the act of cleaning itself is a chore that many busy people don't have the energy for after a long day. However, if you put on some energetic music (high tempo or pop, for example) you can sing along, raise your energy level and have fun as you clean!

6. Before you go to Bed

"Playing music as you drift off is one way to counteract the effects of stress by taking your mind off what's stressing you" (Scott, 2020). If you play relaxing music it can help slow down breathing and soothe your mind.

* Scott, E. (2020, August 27). How to Use Music for Stress Relief. In *verywellmind*. Retrieved from <https://www.verywellmind.com/how-to-use-music-for-stress-relief-3144689>