

Managing Stress With Music



Research Behind Music And Stress

Research shows that listening to music triggers the release of feel-good chemicals dopamine and endorphins.

These chemicals have been shown to boost your mood and reduce stress.

Ways To Embrace Music For Stress Relief

M

Make Your Playlist

Create a stress-busting playlist with your favorite tunes. Dance like nobody's watching or sing like a rockstar.

U

Unwind With Instruments

Grab a guitar, bang on some drums, or play the piano. Musical instruments help you express your emotions, and get your mind off of stressful situations.

S

Sounds Of Nature

Tune in to the calming sounds of nature such as gentle rain, chirping birds, rustling leaves, or flowing water.

I

Immerse In Melodies

Put on those headphones and escape to your happy place. Listen to your favorite tracks or explore new genres.

C

Creative Expression

Express yourself through song, dance, making beats, or writing lyrics. Be creative, and let the music be your canvas.

Extra Tips



Take Music Breaks

Whenever you feel emotional, take a quick music break. It can reset your mind and help you refocus.



Mindful Melodies

Practice mindful listening by paying close attention to the music's rhythm, lyrics, and emotions it evokes. This deep connection enhances the stress-relief effect.



Karaoke Night

Gather friends or family for a karaoke night. Singing together creates bonds, memories, and laughter.

Apple Music Mental Health Tips Guide

**Grace Helen Kent, Aaron Joshua
Rosanoff**



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