

# A MENTAL HEALTH MINUTE



## Music To Your Ears

By Greg Browne, LCSW, & Greg Payton, MA, MBA

Music can be one effective way for improving our quality of life. For centuries music and healthcare have been related. Music has a unique link to our emotions and can have a tremendously relaxing effect on our minds and bodies, slowing the pulse and heart rate, lowering blood pressure, and decreasing the levels of stress hormones (Collingwood, 2009).

Music can help recall events in our lives, surface unconscious feelings, reinforce our self-concept, promote bonding with our relationships, and provide feelings of comfort and hope (Nauert, 2009; Munro, 2009).

Certain music is perfect for meditation as it can help the mind slow down and initiate relaxation. Let the music wash over you, focus on your breathing. Listen to the music and to your body (Collingwood, 2009).

When people are stressed, there is a tendency to avoid actively listening to music. Try playing a CD in the car that is meaningful to you. Put the radio on when in the shower, listen to your iPod when walking the dog, or put the stereo on instead of the TV.

Singing along can also be a great release of tension. Karaoke can be an acceptable means of social expression. Calming music before bedtime promotes peace and relaxation and helps to induce sleep (Munro, 2009).

Choose the music that makes you feel good, and is right for you.  
***It can literally be music to your ears.***

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