

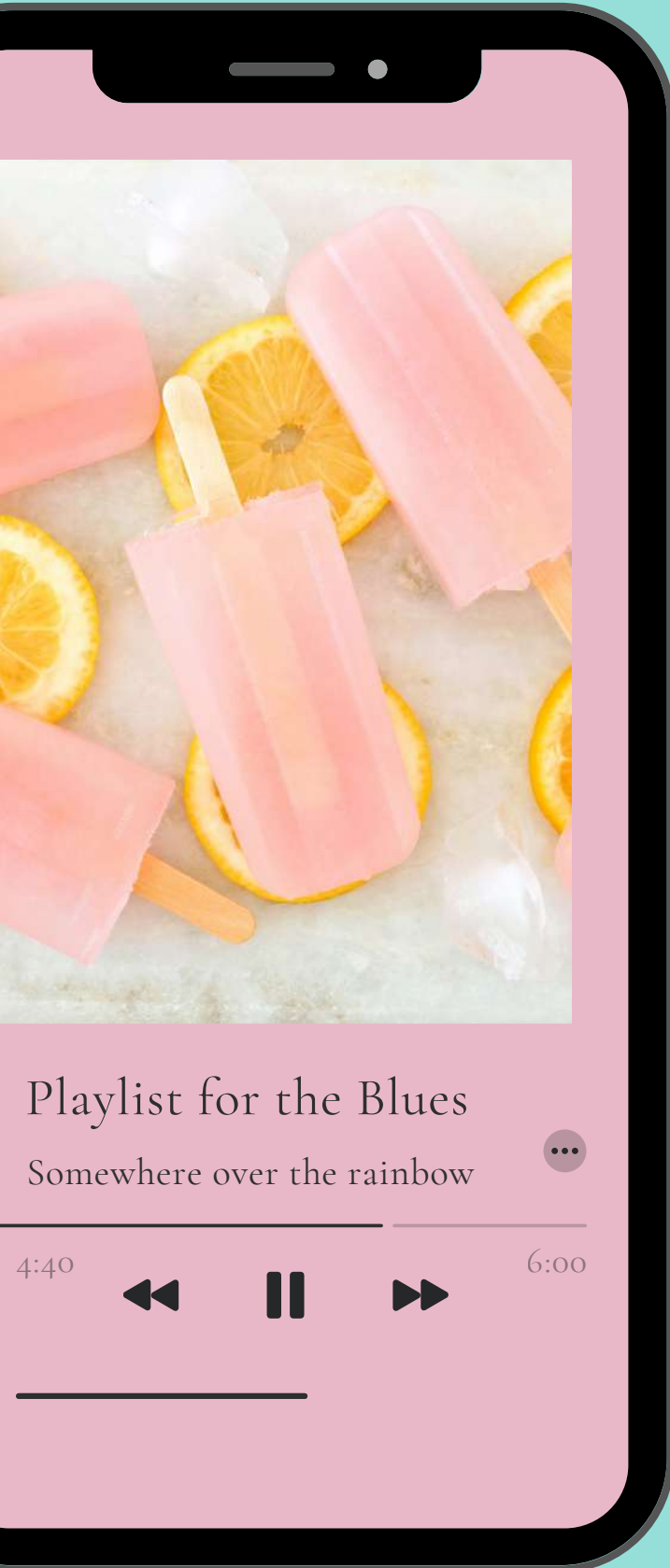


# SELF CARE THROUGH MUSIC



- music therapist -

# *Playlists for different mood*



Shuffling can affect your mood and state of mind; it can cause instability and loss of focus.

Having different playlists for different situations can not only help maintain focus, but also validate emotions and mood state.



## *Listening Challenge*

Listening to new music can activate your mind in a productive and interesting way. You could even try to find new things in familiar songs. Did you notice something about the words or the background singers? Try to make every song new to you again.

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A decorative graphic of musical notes and a staff on a teal background, positioned at the top of the page.

# *Active Music Listening*

1

Choose a song

2

Listen

3

Notice

4

Reflect

Active listening can help redirect unpleasant thoughts and  
improve mood.

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Sharing songs is an innovative way of promoting social connection and interaction with your loved ones. The songs can be connected to the values and beliefs that are important to you and your loved ones.

- List 5 songs that are meaningful to you.
- Identify particular lyrics, melodies or song elements that resonate with you.
- List songs that help to nurture identities for you and the people around you.

## *Interactive Playlist*



00:36

03:45

# Learn Something New (instrument or a piece of music)



Trying something new can energise and motivate you.

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## Song Writing

The next time you find it hard to talk about or express your emotions, try turning to music for help. Creating your own music, whether simply strumming a guitar or composing lyrics to a song, can help you express and process your emotions. It's more about how it makes you feel than how it sounds. Remember that no one ever has to hear your music if you don't want them to.

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# Music Journaling / Drawing

Journaling is a process that collects thoughts and feelings. By writing them down, you can shift your focus to the now rather than worry. Another alternative is drawing how a song makes you feel.

