

# 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.

# Mental Health Tips Apple Music Deal

**Wenbin Ji**



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