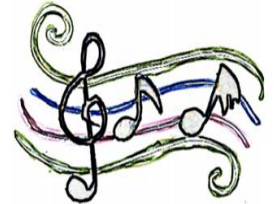


WE ARE ALL IN THIS TOGETHER

MUSIC AND WELL-BEING

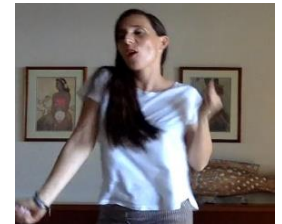
Music is an art form that is available to almost every human being. Listening to music, writing and playing our own songs, singing, or dancing along may affect us in different ways. Listening to music by itself is therapeutic as it is an easy way to lift mood or relieve stress. People use music in their everyday lives to regulate and diminish undesirable emotional states (e.g. fatigue, anxiety) as well as to energize, maintain focus, reduce boredom, and promote memory and life review. Actively and intentionally being aware of our music choice and selecting music can be a helpful way to feel more in control of our feelings.



The CCHS Wellness and Expressive Arts Teams care about your wellness and recommend that you to listen, play, get curious, and play with sound! Thank you for sending us your wish lists to include Music on our Wellness Tips.

MAKE PLAYLISTS/USE MUSIC TO HELP YOU REGULATE

- Reflect on songs that make you feel certain emotions: joy, calm, meditative, motivated, etc. that help you cope in times of stress.
- Think of songs that you have heard before that fall in that genre/type/feel of music.
- Make a playlist of songs that help you feel that a certain emotion (you can repeat this process to **make separate playlists** that bring about different emotions for you: a calm playlist to help you sleep, a dance playlist to get you motivated on the way to work).
- Alternatively, **you can also use music to help you regulate your energetic states**. If your energy is very high and you are uncomfortable in that energetic state, listen to a calm and quieting song or piece of music like classical music (make a playlist for the future). If your energy is too low, listen to a song that gives you energy and motivates you to move your body, like rock and roll music (make a playlist so you can revisit easily).



Music Therapy Curated Playlist, Center for Performing Arts Medicine: <https://bit.ly/2OJdXII>

Creating a Positive Playlist for Mood Enhancement: <https://vimeo.com/400966595>

AUDIO MEDITATION

- Pick a song that you really love and can pay close attention to (a down tempo song will be helpful to slow down your body).
- Settle into your body and take a few breaths.
- Play the song.
- Close your eyes and try to feel the music with your body.
- As you open your body to the song, try to listen to each sound individually (try not to get stuck at any sound, but continue the journey of the entire song).



Flute and Waves Meditation: <https://vimeo.com/400969965>; **Guided Meditations with Music:** <https://bit.ly/30wRntM>

VIRTUAL LISTENING GALLERY, Wednesdays@ 12 – 12:25 PM. Click [Join Microsoft Teams Meeting](#); 925-391-1667; ID 87264967#

BHS SELF-CARE AND EXPRESSIVE ARTS THERAPY ACTIVITIES: M/W/F, 4-4:30pm: <https://cchealth.zoom.us/j/9258323238>

We care about you. Thank you for all the wonderful things you do here at work. We welcome your Bright Spots, videos, and heartwarming ideas. Please send them to the Covid Wellness Team at CovidWellness@cchealth.org. Team Members: Priscilla Aguirre, Claire Battis, Amanda Dold, Patricia Hennigan, Helena Martey, Brian M. Johnson, Kristin Moeller, Jacqueline Mostow, Kimberly Nasrul, Samir Shah, Sonia Sutherland, Arlene Trimble. Expressive Arts Exercises provided by **Art of Health and Healing's Expressive Arts Therapy Program c/o Alan Siegel**.