



Music for Self-Care



Music therapy can be a powerful tool for promoting health and wellbeing. By incorporating music into our daily routines, we can reduce stress, improve mood and feel more centered and grounded.

- **Find Your Mantra Through Music:** Music has the power to inspire and motivate us. Take some time to find a song or lyric that resonates with you and use it as your personal anthem. When you're feeling down or experiencing negative thoughts, say or sing these words to yourself to remind yourself of what you have control over.
- **Hum to Yourself:** Take a moment to close your eyes and hum for 30 to 45 seconds. Feel the vibrations in your face or chest as your breathing becomes more regular and your focus increases. This simple exercise can help you feel more centered and less stressed out.
- **Create a Playlist for Daily Listening:** Music has the power to uplift and inspire us. Take some time to create a playlist of your favorite feel-good and inspiring songs. Listen to it frequently and use it as a tool to create structure and positivity in your daily life.
- **Pat a Rhythm on Your Body:** Patting a steady rhythm on your thigh, tapping your foot, or clapping your hands for 2 to 10 minutes can help you feel grounded. This simple exercise can be done anywhere, anytime, and is a great way to take a quick break from the demands of daily life.