



Tips for bringing more music into your home to support mental health:

1. Match your playlist to your activities

(Correlate your heartbeat and brainwaves to music)

Music can help you to feel calmer, more motivated and energised. It has been proven that listening to your favourite type of ‘feel-good’ music you can turn your low mood around in as little as twenty minutes.

Listening to, and even more, playing music, stimulates all of the areas of our brain at once and can raise our endorphins (‘love’ chemicals) and dopamine, oxytocin and serotonin/ levels (‘feel-good’ chemicals) , while reducing our adrenaline and cortisol (stress-making hormones) levels. So you can see that it is a ‘win/win’ situation.

If you want to feel calmer and more relaxed then listening to music with the ‘magic number’ of 60 beats per minute can help you do this. This is because it is the same speed as your resting heart beat and can lower your rate of respiration. If you want to listen to music while you are exercising or running then you probably want to choose music of a faster tempo to help keep you motivated and in step with the beat,

Take-away: You can discuss as a family what each family member’s favourite type of music is and compromise or take turns when planning your listening times.

2. Reflect with nature/city sounds

(Trick your brain to fight off isolation)

Going out and walking in nature or your local urban area can be another way of bringing music into your day. You can listen out for the sounds you hear out on your walk, Even if you cannot go out of the house, listening to recordings of sounds in nature or the city can also help you relax and keep in a brighter mood. You can trick your brain into thinking it is in those places. You can close your eyes and focus on your breathing while listening to the sounds. Your brain recognises these external signals specific to the imagined surroundings and those ‘happiness’ chemicals, including those mentioned above, will fill your body and lift your mood.

Take-away: Try this for half an hour each day, either at the start or the end of the day and notice how you feel after a few days.

3- Keep on/ start writing music!

(Boost your inspiration and creativity)

Creativity is a great fun skill to develop and you might find that you have a natural affinity to expressing your emotions through composing music. It could be a great way to channel your emotions like boredom and frustration. You could set your thoughts and feelings to music or set a Winter poem to music to create a song,

Take-away: You could all contribute to this as a family. Soon you will find that the negative emotions are replaced by the joy of creativity.

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