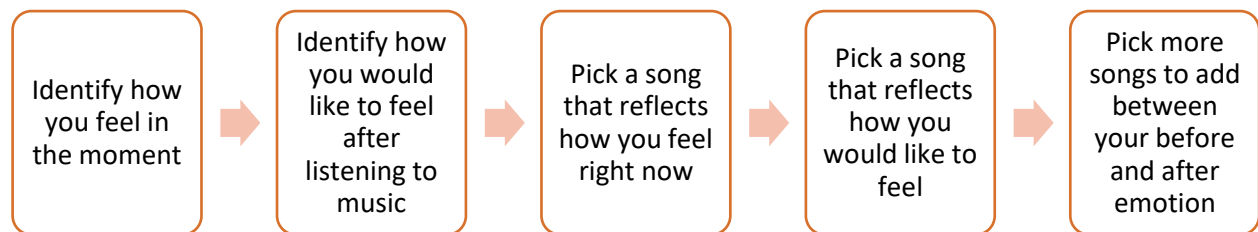***Benefits of Listening to Music***

Listening to music is not only enjoyable, but it can decrease stress and anxiety, increase happiness, promote better sleep, and improve your mood. Music preferences are personal, and you don't need to listen to a specific kind of music to feel the results.

Create a Personal Mood Playlist

One way to impact your mood through music is by creating an Iso-Principle Playlist. To understand this concept, watch this video. To help you identify songs, ask yourself these questions to create a music inventory:

1. What songs or type of music do you listen when you want to relax?
2. What songs or type of music do you listen to when you want to feel energized?
3. What songs or types of music feel joyful to you?
4. What songs or type of music feels sad to you?
5. What songs or type of music evoke certain memories?

Once you've answered these questions, you can begin to create your own playlist. See the graphic below for instructions.

Identify how you feel in the moment	→	Identify how you would like to feel after listening to music	→	Pick a song that reflects how you feel right now	→	Pick a song that reflects how you would like to feel	→	Pick more songs to add between your before and after emotion

Music Resources

Music streaming platforms such as Spotify and Pandora allow you to create your own playlists or listen to already curated playlists. You can also create playlists on YouTube. Don't forget about your CD, cassette, or vinyl collections!

Try a Game

Each participant picks a song and the group must listen to the full song without complaint and use the song for a springboard for conversations and storytelling. A fun way to explore new music and get people talking.

One Final Note

Don't forget about the importance of silence! With the constant buzz of the world, be sure to give yourself time to unplug. Be intentional with your use of both music and silence and give your mind a break.