

RESILIENCE RX TIP 5

MUSIC THERAPY

Music therapy is an evidence-based treatment that uses music to help improve coping, reduce stress, and assist with self reflection and expression of thoughts and emotions. Formal music therapy was defined and first used by the U.S. War Department in 1945 to help military service members recovering in Army hospitals.



BENEFITS

- ✓ Helps to release bottled emotions
- ✓ Stimulates the brain
- ✓ Lowers blood pressure
- ✓ Relaxes the body by reducing muscle tension
- ✓ Stimulates tapping and body movements
- ✓ Distracts from pain
- ✓ Provides an increased sense of control
- ✓ Decreases anxiety, fatigue and depression

HOW TO ENGAGE

Music is a powerful way to soothe the heart, invoke memories, and honor our loved ones. Regardless of skill or talent, one can engage in music therapy through listening to songs that match or uplift your mood, singing out loud, playing an instrument, and/or composing music.

SONGS TO TRY

- Wind Beneath My Wings, by Bette Midler
- Angels, by Robbie Williams
- Something You Get Through, by Willie Nelson
- I'll Be Missing You, by Puff Daddy
- Somewhere Over the Rainbow, by Harold Arlen & Yip Harburg
- Tears in Heaven, by Eric Clapton
- Unforgettable, by Natalie Cole
- Candle in the Wind, by Elton John
- To Where You Are, by Josh Groban
- Keep Me in Your Heart, by Warren Zevon
- Calling All Angels, by Train
- Angel, by Sarah McLachlan
- Knockin' on Heaven's Door, by Bob Dylan
- Bridge Over Troubled Water, by Simon & Garfunkel
- See You Again, by Carrie Underwood
- I Will Always Love you, by Whitney Houston
- Amazing Grace, Christian hymn by John Newton
- Unchained Melody, by The Righteous Brothers
- Yesterday, by The Beatle