



## Using Music To Cope With Stress

### Activity 1

#### STEPS

- Select a song with lyrics
- Grab a notebook or journal and pen
- Listen to the song
- Write down lyrics that are meaningful to you
- Afterwards think about why these lyrics meant something to you and journal about that.

### Activity 2

#### STEPS

- Select a song with or without lyrics
- Grab a notebook or journal and pen
- Listen to the song and just let the song as a whole wash over you. Close your eyes. Enjoy it.
- Afterwards think about why the song as a whole meant something to you and journal about that.

### Activity 3

#### STEPS

- Create a "calm down" playlist
- When you are feeling exceptionally stressed find a spot that is calming for you and go to it.
- Make yourself comfortable.
- Listen to your playlist.
- Focus on relaxing areas of your body - one area at a time as you listen to the music.