



Music & You

Music can play a big part in our lives. We listen to music when we are happy, sad, to relax or to pump us up ready to go. Music can also have an impact on how we feel about ourselves, which in turn has an impact on our mental health.

Listening to music is a popular way to celebrate good times and also cope with difficult times.

Note down

how you use music and the impact it can have on how you feel. This might even be playing your own music

Below is a list of ways other people have said music helps them - review this list maybe there are other ways you didn't think of in the box above. Becoming aware of the broad way music can help us use music as a useful tool.

- *Allows you to create something*
- *Music can be a coping mechanism*
- *Something fun*
- *Escapism*
- *Music can take you to another place*
- *Expressive*
- *An output for feelings*
- *Helps you when your having a bad day*
- *Wake you up*
- *Makes you feel better*
- *Feels really good*
- *Good distraction when times aren't good*
- *Some songs aren't about the lyrics they just sound good*
- *Other songs the lyrics get stuff out*
- *Can channel the way you are feeling/ emotions*
- *Listening to how others express their feelings*
- *A release*
- *Making music has the potential to make others feel a certain way*
- *Everyone gets something different out of a song*
- *Music is language*
- *People translate music/songs differently depending on situation, the way you feel, your mood the day*

Knowing how music affects you is a powerful tool

Sometimes listening to music is a helpful way for us to express, see, think and feel about ourselves, and at times it's not helpful. Music can...

Lift and boost our mood/emotions

keep our mood/emotions at the same level

Make our mood/emotions drop lower

Knowing when music starts to make our mood feel worse is a very powerful tool as this can help you choose when to press stop and select a new song. Knowing this can help you recognize when music isn't being helpful, and is in fact having a negative impact on your self care, self-esteem and body image (how we feel about ourselves), now you have the power to press skip and select a positive tool.

