



Building a Music Relaxation Practice

Did you know you can help yourself learn how to relax with music? Music is one of those amazing things that helps our brain release Dopamine – the feel-good neurotransmitter. When we pair music with an intentional relaxation ritual, we get the Dopamine hit during our relaxation time as well which helps our brains learn that relaxing can actually be pretty nice. Here are some basic steps to build a relaxation practice you can try at home:

Step 1 – Choose your music.

Have you ever thought about what music you actually enjoy listening to for relaxation? There is no “right” type of music to relax to, but you if don’t like harp music for example; you just heard it was relaxing, then it probably still won’t be as relaxing to you as something you actually enjoy. Remember, if you don’t enjoy it, you won’t release that Dopamine.

Step 2 – Choose your method.

Do you like headphones to block the world out? Maybe a favorite speaker you can set on your lap. Deciding on how you will listen to your music is an important part of the intentional steps the relaxation practice contains.

Step 3 – Choose your time.

Think about how long you want your practice to be and how often you want to try to visit it. If relaxing doesn’t come easy to you, maybe try 5 minutes at first. Whatever time you choose, you should be able to FULLY commit to the practice. If you know you’ll be interrupted or lose focus, start smaller. The benefits will actually be greater than if you spent a longer amount of time only partially focused and intentional.

Step 4 – Choose your space.

Choosing the perfect space for relaxation is important. Is there a space you can use each time that allows you to truly relax for the amount of time you’ve chosen? Even if that space is in your car, it should be somewhere you won’t be interrupted. Get a soft blanket, your favorite pillow; make it comfy, make it yours, and make it consistent.

Reference: Blog – “There’s Something About Music” & Podcast – “Music and Relaxation”