

Spotify: Music for calm

Creativity applied to anxiety (Activity 9/12)

DESCRIPTION

In this activity we are going to use Spotify with its playlist of relaxing and calming sounds. Spotify can be a useful tool to reduce anxiety due to the large amount of relaxing music it offers, the personalization of the listening experience, the use of natural sounds and the availability on different devices.

OBJECTIVES

The fundamental reason for this activity is to understand that in a state of anxiety and stress, meditation and relaxation music has a direct impact on mood improvement:

1. Relaxing music has the power to reduce stress, anxiety and improve mood.
2. Listening to relaxing music can help you disconnect from everyday worries and immerse you in a state of tranquillity and inner peace.
3. Relaxing music can have a calming effect on the body and mind, lower blood pressure and reduce levels of stress hormones such as cortisol.
4. Relaxing music can help people fall asleep more quickly and improve sleep quality, which can be beneficial for people who experience sleep difficulties.
5. Relaxing music can increase muscle relaxation, which can be beneficial for people experiencing muscle tension due to anxiety.

RESOURCES AND MATERIALS

To practice relaxing music activities, you don't need many resources. The main thing is to find a quiet and comfortable place where you can sit or lie down without distractions. In addition, you will need only need to have a mobile device or tablet or even a radio cassette with music that relaxes us.

- Mobile
- Cassette
- Radio



<https://creatingwellbeing.eu/>



Co-funded by the
Erasmus+ Programme
of the European Union

Disclaimer: The European Commission support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.

IMPLEMENTATION - INSTRUCTION

In order to carry out this activity, first talk to the elderly to see what kind of music brings them calm and peace, what kind of music they relax with.

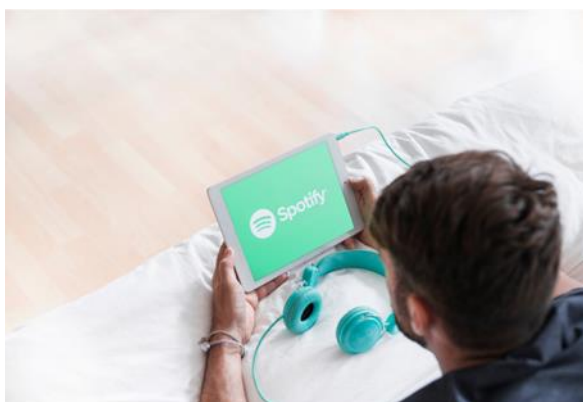
The aim is that through this activity they can find a state of tranquillity that allows them to fall asleep in an anxious situation and they can use it before going to sleep.

For this, a playback device is needed. Playlists of relaxing music (either through Spotify or through a compilation of music that we know the elderly person likes) can be saved to the device.

The playlist can then be played before going to sleep or during a moment of anxiety attack to serve as a vehicle to reach a state of calm.

To use Spotify with relaxing music, you and/or the elderly can follow the steps below:

1. Open the Spotify app on your device.
2. In the search bar, type "relaxing music" or the name of an artist or playlist that specializes in relaxing music.
3. Select the option you like best from the list of results.
4. If you want to save the playlist, you can add it to your favorites or create a new playlist.
5. If you want to personalize your listening experience even further, Spotify also has relaxing music options based on genres such as "Ambient" or "Sleep music". You can search for these options and select the one that best suits your needs.
6. You can also use Spotify's radio feature, which allows you to discover new songs and artists similar to the relaxing music you are already listening to.



POSSIBLE MODIFICATIONS

This activity can be done individually or in a group, or to produce a sense of calm before going to sleep.

Some possible modifications of the Music for calm that could be made to adapt it to individual needs are:

- ✓ We can do the same activity with a video projection of a relaxing place similar to a beach with relaxing music.
- ✓ It is very important that the atmosphere is warm and calm and that as far as possible there are no noises that distort this calmness.

EXPECTED RESULTS

It is scientifically proven that this technique can help to calm the mind and improve concentration, as well as stimulate the parasympathetic nervous system, which can reduce stress and anxiety.

The fundamental aim is relaxation through music. There are several scientific research studies that claim that the use of relaxing music can have beneficial effects in reducing stress and anxiety. Some of this evidence includes a study published in the Journal of Music Therapy which found that relaxing music can reduce anxiety levels in patients before surgery. Another study published in the Journal of Advanced Nursing found that relaxing music can reduce stress levels in cancer patients. A study published in Evidence-Based Complementary and Alternative Medicine found that relaxing music can reduce levels of cortisol, a stress-related hormone, in patients with depression. A meta-analysis published in the journal PLOS ONE found that relaxing music can significantly reduce anxiety levels in patients with heart disease.