

Mx: Your Music Prescription - A Quick Way To Decrease Your Stress

Put on your most relaxing CD and find a comfortable place to sit or lay down near the speakers or wear a comfortable pair of earphones. Make sure the volume is strong enough to capture your attention and low enough you won't hurt your eardrums.

Take a few minutes to observe your breathing. Get into a comfortable position and be aware of the air as it moves in through your mouth or nose. Don't try to fix your breath, just be aware of it.

If any thoughts arise simply let them go for now and bring your focus back to your breath. Begin to shift your focus entirely onto the music.

Follow the melody, or pay attention to the pauses in the music. If you find yourself drifting away try to bring yourself back to the music itself.

Do this for twenty minutes. The aim is that your mood will improve and your stress will be greatly reduced at the end of this intentional music listening exercise