

# Your Body on Music: Relaxation

Music can help your body relax! So, when you are having feelings of anxiety, find a nice quiet room, some headphones and listen to some tunes. Below, you will find out the reasons why music works, how to choose music and some You Tube links to different types of music to help you to relax. But first, lets find out what anxiety and stress is.

Click Here!



What Music Works?

Slower music

(your heart automatically syncs to music being played)

Music with only a few instruments/sounds

Music that you like

Repetitive

Why listen to music?

It distracts

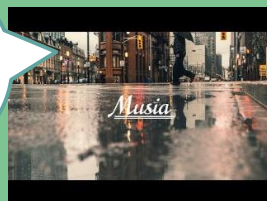
Slows heart rate

Decreases blood pressure

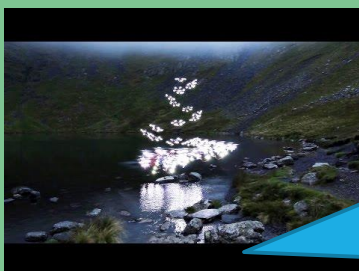


Click on the links for examples of great relaxation tunes!

Calming piano, nature sounds, repetitive rhythms



This Hip Hop music is written at 60 beats per minute! Your heart will know exactly what to do



Marconi-Weightless

Has been proven in studies to have a great relaxation results!

