

Music and Your Mood

♪ What is music therapy?

- ♪ A therapeutic relationship involving a professional music therapist and patient.
- ♪ Uses music to address a wide range of ailments including physical, emotional, cognitive, and social needs
- ♪ Different types:
 - 🎵 **Active** – patients are involved in singing or playing instruments; participate *actively* in making music
 - 🎵 **Receptive** – patients listen to music, analyze music & lyrics, or listen while doing other activities (such as drawing or journaling)
 - 🎵 **Examples** – recreative music therapy, guided imagery and music, music-assisted relaxation, improvisational music therapy, etc.

♪ What is music medicine?

- ♪ “Use of music like medicine”
 - 🎵 Listening to pre-recorded music
 - 🎵 Does not involve music therapist

♪ Will it help my mood?

- ♪ **YES!** Studies have shown that music therapy and music medicine can significantly reduce symptoms of depression and anxiety
- ♪ There are no apparent risks of harm or injury, so you can feel comfortable utilizing music therapy and music medicine
- ♪ Music therapy and music medicine can be low cost and easily accessible treatments for most patients

♪ Beginner’s Tips

- ♪ Talk to your doc!
 - 🎵 We may be able to help answer questions you have about music therapy, and point you in the direction of local resources
- ♪ Contact the American Music Therapy Association, or search their directory, if you need help finding a music therapist near you!
 - 🎵 www.musictherapy.org/about/find

