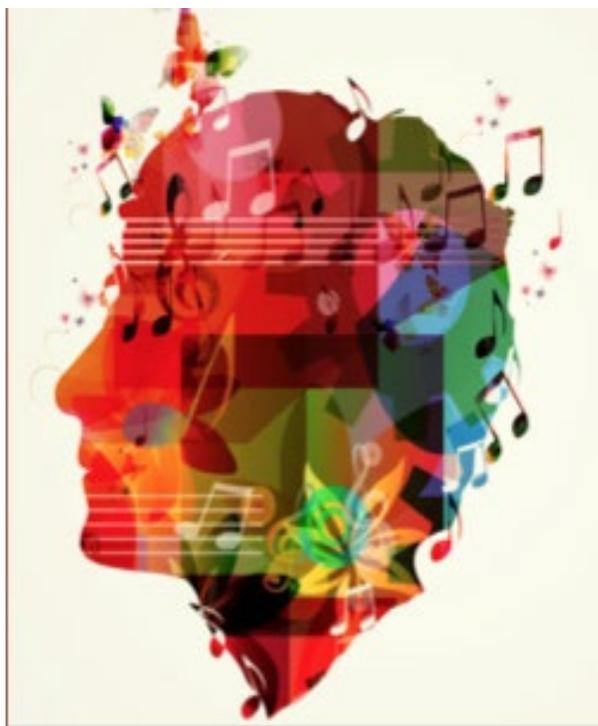# 8 Quick Ways to Promote Self–Care Using Music

You may be experiencing:

- No time for self-care
- Change
- Stress / Pressure
- Fatigue / Burnout
- Fear / Uncertainty
- Isolation

Strategies:

1. **Find Your Mantra Through Music**
   - Find your anthem, or motivation, through one or more song lyrics and say or sing them to yourself when experiencing negative thoughts. Inspire yourself to remember what you have control over.

2. **Sing the Chorus of Your Favorite Song in the Shower**
   - Belt out your favorite tune with no audience and feel the release of tension, fear, or frustration.

3. **Hum to Yourself**
   - Close your eyes and spend 30-45 seconds humming. It can simply be a few long sounds. Feel the vibrations in your face or chest as your breathing becomes more regular and focus increases.

4. **Enjoy Exercise Breaks with Music**
   - For a brisk walk, a long run, or a lap around the kitchen, give yourself some motivation from your favorite upbeat songs. Not only will you reduce the effects of stress and sleep better, your workout will feel easier!

5. **Pat a Rhythm on Your Body**
   - Pat a steady rhythm on your thigh, tap your foot, or clap your hands for 2-10 minutes to feel grounded and less frazzled.

6. **Hit Reset with Bilateral Finger Tapping**
   - Cross your arms with a hand on each shoulder. Tap alternating index fingers for 30 seconds to promote a reset of your nervous system to a more relaxed state.

7. **Place Your Hand on Your Chest**
   - For 30 seconds, lay your hand on your chest while you inhale/exhale deeply. Feel your chest rise and fall. This will help you re-center your breath and feel grounded.

8. **Create a Playlist for Daily Listening**
   - Find your feel-good, inspiring songs and listen to them frequently! Use playlists to create daily structure, and try not to dwell on the negative!

Additional Resources:
https://www.healthline.com/health/stress/how-to-relax#how-to-relax
https://www.tendacademy.ca/using-music-self-care/
https://www.psychologytoday.com/us/blog/minding-the-body/201111/hum-happy-tune-wellness