

## Relaxation through Music



**Goals:** The aim is to promote relaxation and reduce stress.

### Preparations:

- Make sure the room is quiet and free of distracting noise.
  - Have the music player ready with the chosen music.
  - Choose music that is soothing and check that the volume is at an appropriate level.
  - Instrumental music works well, below are examples of calming music:
  - **"Weightless"** by Marconi Union <https://youtu.be/UfcAVeJsIrU?si=1BS9KnVieu-hqfbg>
  - **"Clair de Lune"** by Claude Debussy [https://youtu.be/CvFH\\_6DNRCY?si=yj753oR1Flq\\_nkiu](https://youtu.be/CvFH_6DNRCY?si=yj753oR1Flq_nkiu)
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- If desired, have blankets and pillows for additional comfort.

### Examples of calming Instrumental music:

- <https://youtu.be/0B-kByWSgDc?si=ZegRyG- LOKOy7on>
- [https://youtu.be/CmJ\\_VE\\_sxc?si=sNO7FVpBIJbTnATU](https://youtu.be/CmJ_VE_sxc?si=sNO7FVpBIJbTnATU)
- <https://youtu.be/hIWil4xVXKY?si=hiHXUw8bReOwm4oL>

### Example of relaxing sounds:

- <https://www.youtube.com/watch?v=xNN7iTA57jM>
- <https://www.youtube.com/watch?v=B1T06UhcX0Q>
- <https://www.youtube.com/watch?v=o8GrqUSdzi0>
- <https://www.youtube.com/watch?v=g1w3IT5WnYw>

### Relaxation:

1. Sit on the chair in a comfortable position and with good posture.
2. Close your eyes
3. Relaxation through music:
  - Listen to the music and relax.
  - Focus on the music.
  - Feel how good it is to relax right now.
  - With each breath you relax more and more.
  - Let all the tension in your body melt away to the beat of the music.
  - Notice how it feels in your body.

When the piece of music ends, slowly open your eyes.

**What is needed:**

- A comfortable chair or soft seat.
- A quiet and secluded place.
- A music player or smartphone with speakers.

**Time: Short****Activity: Calming****Fellowship: Alone**

The time can vary in length depending on the needs of the individual, but usually 5-15 minutes is a suitable time frame.

Source: The activity is created with inspiration from models and ideas from national material banks. [Äldreinstitutionens material på svenska](#), [Hyvä mieli – Pohdintoja mielen hyvinvointiin -työkirja ikäihmisille](#), [Vahvike-aineistopankki](#)) and ChatGPT's proposal.