

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/UfcAVejslrU?si=1BS9KnVieu-hqfbg>
- **"Clair de Lune"** by Claude Debussy https://youtu.be/CvFH_6DNRCY?si=yj753oR1Flq_nkiu

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:

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



Alone or in a Group:

This activity is performed individually.

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