

Listening to music and relaxing



Objective:

The aim of this music activity is to promote relaxation and well-being among the elderly. Music listening and relaxation are an effective way to reduce stress and enhance the well-being of the elderly.

Description of the Activity:

- Create a calm and comfortable environment in the elderly person's room.
- Play calm and soothing music such as classical, jazz, nature sounds, or any preferred music of the elderly.
- The elderly can sit or lie comfortably with their eyes closed, focusing on the music.
- During the session, suggest that the elderly try to breathe calmly and deeply to enhance relaxation.
- Let the music play for at least 15-20 minutes, but it can be longer if the elderly prefers.

Materials Needed to Perform the Activity:

- A music player or a simple music system.
- A collection of calming music tracks.
- Comfortable seating or a bed for the elderly person to relax in.
- 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/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>



Time required:

5-15 minutes.



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 ChatGTP's proposal