



# 4 Steps to *Maximize Your Music* at Work and Home

## *Step 1: Document Your Life's Soundtrack*

We are always collecting music. Some of our collection gets released over time and temporarily forgotten while other music memories endure throughout our lifetime. However, under the right circumstances all music is retrievable. By documenting your unique, personal, life soundtrack, the story of who you are will quickly reveal itself - highlighting the bumps and joys of life. Focus on key times in your life: pre-grade school, grade school, high school, young adulthood, today etc. By documenting the music from each stage of your life you will find the following 3 steps more easily retrievable - listening habits, personal preferences and your key anchor songs.

## *Step 2: Determine Your Current Listening Habits*

Our music listening habits are unique to each one of us. Fortunately, music is also accessible to most of us and we don't need a high dosage to make a significant impact. Although the quantity of music we listen to may be less than when we were younger (not necessarily for all), the impact of your music's significance may have gone up. How often are you experiencing live vs. recorded music and is there a difference? How often do you turn off the TV and listen to music with your eyes closed? Is music constantly playing on the radio or do you have select times of the day when music is played the most often?

## *Step 3: Identify The Music that Matters Most to You - your Personal Preferences*

We are all aware to a greater or lesser degree of what we like and don't like in music. Developing a mindful awareness of your music preference (style preferences, tempo preferences, and tone preferences) leads to a greater understanding of what music feeds the reward centres in your brain - opening you up to a better learning and creative state. Listening to a favorite song triggers a common pattern of brain activity, regardless of genre. That may explain why different people describe similar emotional feelings and memory responses when listening to their favorite piece of music, whether it is Bach or Eminem. Favourite songs bring about increased connectivity in a brain circuit associated with internally focused thoughts.

## *Step 4: Establish Your Anchor Songs*

An anchor song becomes so ingrained that it anchors the listener to an emotional state immediately upon hearing it. How many of you with your significant others have "your song"? How many of you have a song that no matter what, when you hear it or sing it, it becomes your anthem? Many of us have what I call "anchor songs". Anchor songs or theme songs help firmly fix us to an emotional state, luring us into action.

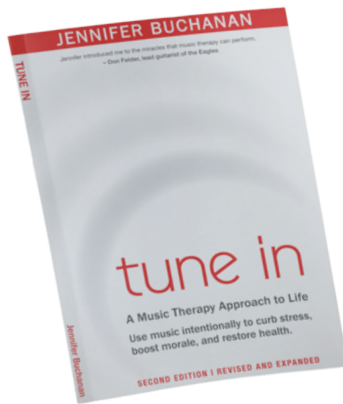
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*Consult with a Music Therapist (MTA)*

*to learn more strategies for work and home?*

visit [www.jbmusictherapy.com](http://www.jbmusictherapy.com) or call 403-240-3877





**TUNE IN (2nd Edition – Revised and Expanded)** is an exploration of what can happen when we use music intentionally to better our health.

It is a mix of personal stories, real-life examples, interactive exercises, tips and checklists, all designed for the person who is looking for inspiration and a boost to feeling better.

When we experience the right music, in the right way, transformation can happen – improved wellness, a boost in motivation, overall feelings of happiness, and stronger communities.

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## *Music affects the body and mind in many powerful ways:*

**The Brain:** Research has demonstrated that music with a strong beat can stimulate brainwaves to resonate in sync with the beat. Music can relax the mind and lower stress levels - creating more neural pathways, opening doors to new learning and experiences. Music can focus us on a task by relaxing our mind and allowing our subconscious to manage some of the work.

**Physical State:** Music can activate different bodily responses, aiding in the change of breath and heart rates. Music therapy can help counteract or prevent the damaging effects of chronic stress. Music can also stimulate creativity by increasing blood and oxygen flow to the brain - going from groggy brain to productive brain.

**Emotional State:** When we respond positively to the music we are listening to we are more likely to improve our performance on certain tasks, our imagination is peaked, and our emotional state is altered. Music can bring about a more positive emotional state, boosting mood and decreasing feelings of tension and pressure. This can help people through times of feeling low by helping them be more creative and optimistic.

**Memory:** Music is a powerful anchor and roots people into the moment. It helps their memory to maintain important data and retrieve it for later. Music inspires feelings and creates a clear passage to long-term memory. Research reveals that music can arouse the most dormant of memories - even in minds that may be failing.

## **Music Therapy**

Music Therapy is growing in popularity. Many people, young and old, are living with a wide array of physical and emotional needs: declines in motor functioning, social isolation, depression, anxiety, confusion, lack of focus, and physical pain. There is much evidence to indicate that music therapy can improve mood, mobility, memory and language. Music Therapists also work with some of our most vulnerable including youth at risk, individuals with brain injury, mental health issues, learning challenges or dementia, and those in palliative care and long-term care. Professionals, educators and corporations access the services of Music Therapists to incorporate the health benefits of using music with intention at home and work. Ideally, every healthcare facility, employee assistance program and learning centre would have a certified Music Therapist available to work with every person who seeks change in their state of being.

**ALL REFERENCES, STRATEGIES, AND STATS at: [www.jbmusictherapy.com/research](http://www.jbmusictherapy.com/research)**



for **TUNE IN** Presentations  
learn how music can help de-stress, boost mood, and find inspiration  
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