Music Assisted Relaxation

GOALS:
Provide coping skills
Increase relaxation
And decrease pain, stress and anxiety

MATERIALS NEEDED:
• CD Player
• Relaxation CD/song of choice
• Or any other music playing device

DIRECTIONS:
Have family/friend read script, or record it to a CD. Play your preferred music for relaxation.

PREPARATION SCRIPT:
“Go ahead and close your eyes. Now, take a few moments to get as comfortable as possible in the bed (chair). As you get comfortable, try to make your body symmetrical... (feet on the floor), arms either in your lap or loosely at each side. Adjust your back...hips...and under the legs. Allow your body to sink into the bed (chair), knowing that you are physically supported.”

INDUCTION SCRIPT:
“And now turn your focus to your breath. Take in a deep breath and gently allow the breath to be released, feeling any tension flow out of the body.”

From the face, through the forehead, cheeks, and jaw – take in a deep breath and release any tension.

From the arms and hands – take in a deep breath and gently release any tension.

From the chest and stomach – take in a deep breath and gently release any tension.

From the back, particularly the lower back – take in a deep breath and gently release any tension.

From the hips – take in a deep breath and gently release any tension.

From the legs – take in a deep breath and gently release any tension.

“Keeping the body relaxed, allow the music to flow through it and bring comfort.”

START THE MUSIC:
7-minute piece is begun (choose any music that relaxes you).

RETURN TO THE ALERT STATE SCRIPT:
“The music has come to an end...stay with the relaxed feeling knowing you can return to this restful state again...begin to become aware of your body...you might like to gently stretch your legs and arms...take in a deep breath and fully exhale it (model audibly)...give your body a big stretch. When you are ready, you may open your eyes.”
ESTABLISHING A RELAXING ENVIRONMENT:

1. Comfortable Position (comfortable chair, lying in bed or mat on the floor)
   - Remove anything that restricts breathing (i.e. tight belt, tie, collar button, and/or shoes)
   - May need a warm blanket (to maintain body heat as our breathing can slow down considerably, and the temperature of the body may drop significantly)

2. Light and Dark
   - Ceiling lights needs to be turned off completely or at least dimmed.
   - However, persons who feel unsettled by total darkness should have some filtered light.

3. Uninterrupted Space
   - Explain to family and friends that you should not be disturbed
   - Remove any pets from the room (if at home)
   - Silence or unplug phones
   - Eliminate any other possible disturbance prior to relaxation induction

4. Monitoring the Music Reproduction
   - Select your preferred volume level
   - Proper position of the CD player
   - Be sure the equipment is working properly

5. Additional Experiences (that may improve your relaxation experience)
   - Aromatherapy (essential oils such as lavender can promote a relaxation response when rubbed on the skin or when used with diffusers)
   - Desk fountain (running water is an element that many find relaxing)

OTHER CONSIDERATIONS:

1. Appropriateness for Self Care
   - This self-care technique is meant for immediate needs for stress reduction and relaxation.
   - Implementation with live music and a trained music therapist may prove to be more beneficial, especially in pain reduction.

2. Choosing Suitable Music for Relaxation
   - Your preferred genre or style
   - Consider your level of energy or mood
   - For short relaxations: 3-7 minutes in duration
   - For longer relaxations: 10-15 minutes in duration

3. Appropriate Voice Quality
   - Voice Tone – needs to be mild range, not too high, not too low
   - Voice Projection – projects but remains relatively quiet
   - Speaking Pace – slow and steady

4. Processing the Relaxation Experience
   - Did you feel relaxed?
   - Where in your body did you feel relaxation?
   - What was the music like for you?
   - Did any memories or images come up that you would like to share?