

Burned Out?

Let music light up your life

When you are feeling stressed out, you may naturally turn on the radio to drown out your problems. As your favorite song comes on, you feel yourself beginning to relax and forget about the hard day.

Listening to music can help you relieve stress. Here are a few tips to keep in mind when you want to feel better by tuning in.

Keep it calm

Some music can be more helpful than others in reducing stress. There is a correlation between noise and your stress level.

Most popular music tends to be upbeat and lively. This can increase your heart rate up to 90-120 beats per minute. It also focuses your attention outward and can make it hard to concentrate on relaxing.

No words

Sometimes you may find yourself listening to the words while you are trying to rest or concentrate on a task leading to frustration and tension.

Try music that doesn't have words or has words in a language you don't understand. Many people find Gregorian Chants or New Age music to be soothing. You can still get pleasure from this music while not being distracted by it.

Hear soothing sounds

Maybe the type of radio music you like doesn't calm you down, but is lively and builds tension. If so, you might enjoy listening to soothing sounds on a tape or CD.

Listen to classical music when you are overwhelmed by all the pressure or ocean waves when you are wishing it were the weekend.

Use music to soothe away the stress in your life. You have heard it said, "Music can soothe the savage beast." Not only can it calm you down when you are overwhelmed, music can lift your spirits to new heights.