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THE MUSIC RESET TOOLKIT

**Mental Clarity • Emotional Regulation •
Teens & Young Adults**

Why music helps your brain and body

When you're stressed, overwhelmed, tired, or dealing with big feelings, music can help your brain move from "fight or flight" into a calmer more regulated state.

How it works?

Music can be a fast way to 'calm your farm'.

- **Breathing + heartbeat:** slow, steady music can help your HR settle and encourage deeper breathing
- **Emotion processing:** music activates the same brain areas involved in emotional expression. It can help you feel, release, or understand what's going on inside
- **Focus & motivation:** Certain types of music can boost concentration, making study sessions feel less chaotic. What type of music works is different for everyone.
- **Connection:** Music helps you feel less alone. Shared playlists, singing with friends, or listening to songs that "get you" can strengthen social bonds.



CONCORDIA MUSIC THERAPY

THE MUSIC RESET TOOLKIT



Practical Music Strategies You Can Use

1. The 5-Minute Reset Playlist

- **Choose one or two songs that:**
  - Makes you feel safe or comforted
  - It could start calm or steady, have comforting lyrics, be really predictable in rhythm or because you've heard it a thousand times.
  - Listen with headphones. Close your eyes if it feels okay. Breathe with the beat.

2. The "Name the Feeling" song

- **Pick a song that you're listening to on repeat or matches your current mood.** As you listen, ask yourself:
  - What lyric or sounds describes what I'm feeling?
  - What's going on that might make me feel like that?
  - Does the emotion shift by the end of the song?
  - This can help with emotional awareness without needing to talk.



3. Music & Movement

- **If you're stuck in your head, play a song you love and:**
  - Stretch
  - Walk
  - Dance
  - Shake out your arms

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