

How to Use Music for Stress Relief

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Music can affect the body in many health-promoting ways, which is the basis for a growing field known as [music therapy](#). However, you can use music in your daily life and achieve many [stress relief](#) benefits on your own.

One of the great benefits of music as a stress reliever is that it can be used while you conduct your regular activities so it really doesn't take time away from your busy schedule. Music provides a wonderful backdrop for your life and you can find increased enjoyment from what you're doing while reducing stress from your day. Put together a custom playlist for each of these activities and you may soon notice a significant decrease in stress.

When Getting Ready in the Morning


You can wake yourself up with music and [start your day feeling great](#). By selecting the right music, you can set the tone for a lower-stress day.

Classical or instrumental music can help you wake up while keeping you calm and focused. If you have a big, busy day ahead that requires extra energy, try something that's upbeat and makes you want to dance and smile.

During a Commute

Put an end to [road rage](#) by playing your favorite music in the car.

- It can relieve some of the tension you feel from the commute itself and the day so far.
- It can help you feel less like you're wasting time in traffic and more like you're having some nice time to yourself.
- It can take your mind off of all that you need to get done once you reach your destination. You will arrive less stressed and more prepared to take on what awaits you.



Try switching to a classical station when you are really stressed out. The soothing rhythms and sounds can calm you down and make your commute smoother.

Cooking

[Good nutrition](#) is an important part of a healthy lifestyle and it can actually keep your stress level down. [Eating at home](#) is a great way to ensure healthy meals and less expensive, but many people find themselves too tired to cook once they get home.

If you put on some smooth jazz or a similar genre of music that you enjoy, cooking becomes a fun activity rather than a chore. You will likely find yourself relaxed and in a better frame of mind once dinner starts, which can enable you to savor your dinner and your company as you eat.

While Eating

Music can also be a helper as you're eating your meal. Soothing music can trigger the [relaxation response](#), which can lower [cortisol](#) levels, making it easier to digest food. Studies have shown that classical music, in particular, can help you eat less, digest better and enjoy your food more.

Cleaning

Keeping a simple, organized home can really help to [cut down on your stress level](#), but cleaning itself is a chore that many busy people don't have the energy to face after a long day. However, if you throw on some energetic music (hip-hop or pop, for example) you can raise your energy level and have fun as you clean.

If you tell yourself that you only need to clean for a certain amount of songs and then you can done, you may work more efficiently. Who knows, you may even come to look forward to doing the job.

When Paying Bills

We all need to pay bills, but the job doesn't always take a high degree of concentration. Playing music while you write your checks can help take your mind off of [financial stress](#) you may be feeling and make the task more enjoyable.

Before Bed

[Getting enough sleep](#) is important for proper functioning, and getting enough sleep can help you handle stress better. Unfortunately, [stress can also interfere with sleep](#) in several ways.

Playing music as you drift off is [one way to counteract the effects of stress](#) by taking your mind off what's stressing you. Music can help slow down your breathing and soothing your mind.

1 Source

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1. Christopher C. Novak, Joseph La Lopa & Robert E. Novak (2010) [Effects of Sound Pressure Levels and Sensitivity to Noise on Mood and Behavioral Intent in a Controlled Fine Dining Restaurant Environment](#). *Journal of Culinary Science & Technology*, 8:4, 191-218, DOI: 10.1080/15428052.2010.535756