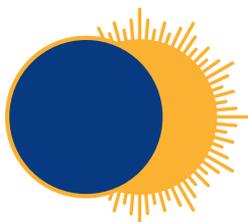


Using music to help with self-care during COVID-19

developed by the



Royal Hospital for
Neuro-disability

Music Therapy team

Connecting with friends and family

Send someone a song via a YouTube or Spotify link.

'Live-stream' together: many artists and venues are putting on live performances on YouTube, including the Royal Opera House and National Theatre. Watch a performance with a friend or family member for a shared experience.

Bonding with your team and raising morale

- Play music in the office, with a daily theme (Monday movie themes, Tuesday Classical, Wednesday pop music, and so on)
- Have a weekly office dance party (2m apart!)
- When you get home, put your favourite song on and dance like nobody's watching

Mental stimulation

Set yourself a daily challenge to:

- Discover one new artist, band or piece of music
- Learn the lyrics to a new song
- Learn how to play a new song

Caring for yourself

Breathing exercises – pause and focus on your breathing to pull your mind away from distractions and toward a simple, centering presence. Breathe in through your nose and out through your mouth. Hold your hand on your chest to help feel the sensation of breathing. Try some of the following techniques:

| Square breathing | Belly breathing | 4,7,8 |
|---|---|--|
| Breathe in (four seconds) Hold (four seconds) Breathe out (four seconds) Hold (four seconds) [Repeat] | Place one hand on your stomach and the other on the centre of your chest. Breathe in deeply through your nose and expand your belly. | Breathe in slowly and deeply for four seconds. Feel your belly expand in the process. Hold your breath for seven seconds. |
| Breath counting Breathe slowly and deeply. Count each exhalation up to five [Repeat] | Breathe out through your mouth, guiding the hand on your belly inwards, helping to exhale. [Repeat] | With the tip of your tongue behind your top teeth, exhale with an audible 'sh' sound for eight seconds. [Repeat] |

Mindful music listening – listen to a familiar song and take note of the lyrics. What are they saying? Listen to simple or familiar instrumental music and take note of two or three instruments that you can hear.

Switching off

- Create a ‘commuting home’ playlist of songs that remind you of holidays, past memories, being at home etc, to help switch your attention away from work
- Add music to your exercise breaks – select music that matches the pace of your movements (slow and gentle music for a walk, upbeat and rhythmic music for a run or cardio exercise)
- The music therapy team has compiled a list of songs that match various situations (i.e. relaxation, running, etc.)

| RELAXATION | | MOTIVATION | | COMMUTING | |
|------------|---|------------|--|-----------|--|
| 1 | Le Onde Ludovico Einaudi | 1 | Eine Kleine Nachtmusik Mozart | 1 | Ride of the Valkyries Wagner |
| 2 | The Sea Morcheeba | 2 | It's My Life Bon Jovi | 2 | Gotta Get Thru This Daniel Bedingfield |
| 3 | Always on My Mind Willie Nelson | 3 | You Gotta Be Des'Ree | 3 | Wildflowers Tom Petty |
| 4 | Sunrise Norah Jones | 4 | You've Got The Love Florence and the Machine | 4 | The Sound of Silence Simon and Garfunkel |
| 5 | Lux Aurumque Eric Whitacre | 5 | High Five Sigrid | 5 | Give a Little Maggie Rogers |
| WALKING | | LOVE | | RUNNING | |
| 1 | March of the Toreadors Carmen | 1 | Love theme, Romeo and Juliet Tchaikovsky | 1 | Lucy in the Sky With Diamonds The Beatles |
| 2 | Dancing in the Moonlight Toploader | 2 | The Power of Love Celine Dion | 2 | Shake It Off Taylor Swift |
| 3 | Superstition Stevie Wonder | 3 | I Just Called to Say I Love You Stevie Wonder | 3 | Sultans of Swing Dire Straits |
| 4 | Paradise City Guns N' Roses | 4 | Love Paul Simon | 4 | William Tell Overture (finale) Rossini |
| 5 | Walking on a Dream Empire of the Sun | 5 | If You Ever Want To Be In Love Eric Whitacre | 5 | Mr Brightside The Killers |

Rest and recharge

Try and find a place where you can sit and listen to the birds singing. Close your eyes and try and see how many different bird songs you can hear.

Listening to slow instrumental music before bed may help your body relax physically so that you fall asleep faster, and stay asleep for longer. Search ‘music for relaxation’ or ‘music for sleep’ on Spotify or YouTube.

Listen, play, share music you love.

