

Relaxation Songs

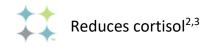
SCP Work Life Journey Task Force - Topic of the Month

Did you know that there is a song that is so effective at anxiety reduction, that you shouldn't drive while listening?

Before we get to that, let's break down the science behind music therapy:



Improves overall well-being of adults¹





Stimulates "Reward" and "Emotion" portions of the brain⁴

Music therapy has been associated with improvement in medical conditions such as...

- Anxiety and pain in adult surgical patients⁵
- Stress and anxiety in critically ill patients⁶
- Reduction in chronic pain⁷
- And many more conditions!

Top 10 Songs for Actuality Analoty					
#	Song Title	Artist			
1	Weightless	Marconi Union			
2	Electra	Airstream			
3	Mellomaniac (Chill Out Mix)	DJ Shah			
4	Watermark	Enya			
5	Strawberry Swing	Coldplay			
6	Please Don't Go	Barcelona			
7	Pure Shores	All Saints			
8	Someone Like You	Adele			
9	Canzonetta Sull'aria	Mozart			
2 3 4 5 6 7 8	Electra Mellomaniac (Chill Out Mix) Watermark Strawberry Swing Please Don't Go Pure Shores Someone Like You	Airstream DJ Shah Enya Coldplay Barcelona All Saints Adele			

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Relaxation Songs



10 We Can Fly

Rue du Soleil (Café Del Mar)

How were the top 10 songs discovered?^{8,9}

Who? - Mindlab International

Intervention? - Music therapy for individuals completing difficult puzzles

Outcomes? - Reduction in anxiety and physiological resting rates (heart rate, blood pressure, and breaths/minute)

Results?

- Development of Top 10 Songs
- #1 Song "Weightless": <u>65% \downarrow anxiety</u>, <u>35% \downarrow physiological resting rates</u>

How?

- "Weightless" originally created by <u>sound therapists</u> to exclude repeating melodies
 - Allows brain to rest instead of subconsciously predicting melodies
 - Takes ~<u>5 minutes</u> for heartbeat to match track's beats/minute
 - Led to drowsiness in many!

Curious to listen?

Spotify Playlist of top 10 songs: <u>public playlist</u> "Weightless": <u>free 10-hour version</u>

Relaxation Songs



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4. Blood AJ, Zatorre RJ. Intensely pleasurable responses to music correlate with activity in brain regions implicated in reward and emotion. *Proc Natl Acad Sci*. 2001;98: 11818-11823.

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