

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



Reduces cortisol^{2,3}



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 Reducing Anxiety

#	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

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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”: 65% ↓ anxiety, 35% ↓ physiological resting rates

How?

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

Curious to listen?

Spotify Playlist of top 10 songs: [public playlist](#)

“Weightless”: [free 10-hour version](#)

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References:

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