



SEPTEMBER MENTAL HEALTH TIP

LISTEN TO MUSIC

RESEARCH HAS SHOWN THAT LISTENING TO MUSIC CAN CHANGE THE WAY WE THINK, FEEL, AND ACT, WHICH CAN LEAD TO PSYCHOLOGICAL AND COGNITIVE BENEFITS SUCH AS:

- **ELEVATING MOOD AND MOTIVATION**
- **REDUCING STRESS, DEPRESSION, AND ANXIETY**
- **IMPROVED SLEEP**
- **IMPROVED FOCUS**



MUSIC IS AN ACCESSIBLE, SAFE, AND COST-EFFECTIVE COPING SKILL MEANING ANYONE CAN REAP THE BENEFITS. CHEERFUL MUSIC HAS BEEN SHOWN TO ELEVATE MOOD, INSTRUMENTAL NON-LYRICAL MUSIC CAN IMPROVE FOCUS, AND CALM/SLOW-PACED MUSIC CAN ASSIST IN REDUCING STRESS. EVIDENCE SUGGESTS IMPLEMENTING MUSIC THERAPY IN CONJUNCTION WITH OTHER TREATMENTS CAN IMPROVE SYMPTOMS OF DEPRESSION AND DECREASE ANXIETY LEVELS.

INCORPORATE MUSIC INTO YOUR COPING TOOLBOX:

- **TRY LISTENING TO MUSIC WHEN YOU WANT TO RELAX OR FOCUS**
- **MAKE A PLAYLIST OF SONGS THAT MAKE YOU FEEL GOOD**
- **GET MOVING! PUT ON MUSIC THAT MAKES YOU WANT TO DANCE**

REACH OUT TO HUDSON GUILD'S CLINICAL TEAM OR ANOTHER MENTAL HEALTH PROVIDER IF YOU ARE INTERESTED IN ENGAGING IN PSYCHOTHERAPY SERVICES.

**NYC WELL: 1-888-NYC WELL (692-9355) OR TEXT WELL TO 65173
HUDSON GUILD MENTAL HEALTH COUNSELING SERVICES: (212)-760-9822**

