

Relaxation Music

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Music is a therapeutic tool which can be used for emotional health, daily performance and sleep. It has been used as a healing therapy for most of human history. The Greeks used music to treat mental illness. After WWII it has been used to aid the healing of soldiers physical and emotional trauma. Music has powerful and diverse effects on the mind and body. Upbeat music can stimulate the mind and the body, and it can trigger the hormone dopamine and adrenaline that boost alertness. It can activate areas of the brain responsible for physical coordination, creativity, attention and mental focus.

The benefits of music for sleep

A sleep state can be mimicked by listening to relaxing music as it triggers changes to the body. Slower breathing, lower blood pressure and a slower heart rate are all physiological changes that make it possible for the process of falling asleep and staying asleep. Music has a soothing effect on our emotional brain, which can ease stress and anxiety.

Physical benefits of relaxation music

- Calms nervous system
- Reduces stress and anxiety
- Manages pain and ease pain
- Improves sleep
- Slows breathing
- Lowers blood pressure
- Releases muscle tension
- Increases workout endurance
- Elevates mood
- Heart Healthy: when music is played research has shown that the blood flows more easily. It can reduce heart rate, lower blood pressure, decrease cortisol levels and increase serotonin and endorphin levels in the blood.
- Stimulates memories: music therapy has shown to relieve some of Alzheimer's or Dementia symptoms. It can relax an agitated patient and improve their mood.
- When we listen to music it can boost the brain's production of the hormone dopamine. Dopamine production can help relieve feelings of anxiety and depression. Music is processed directly by the amygdala, this is the part of the brain which is involved in mood and emotions.

Podcasts

Click on images below



Musician Shane Mitchell, from Irish folk band Dervish, and psychologist Shane Martin explore the interaction between music and our minds
Available on Itunes

Tip

Listen to relaxing music, meditation and mindfulness through your headphones

- Headphones are great for guided mediation
- You can concentrate on the instructions and listen without distractions
- They enhance the experience and improve the quality of sound

Benefits of using headphones:

- Cuts out background noise and distractions
- Noise-cancelling headphones will help to eliminate background noise. So, you can focus during your mediation while distracting external sounds are cancelled out
- Meditate on the go
- Binaural beats

Binaural beat therapy is an emerging form of sound wave therapy. The left and right ear each receive tones at different frequencies, while the brain perceives these as a single tone.

Mediation is aided as both sides of your brain must sync up with the beats. This will help bring you to relaxation state

Relaxing Music

Click on images below



Ireland has some of the world's magical landscapes. Listen and enjoy this scenic relaxation film across the Cliffs of Moher and Skellig Islands which are some of Ireland's most beautiful destinations



Music by Peder B. Hellend
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 Peder B. Hellend is an independent Norwegian composer and the founder of Soothing Relaxation
 You can learn more about Peder B. Hellend and Soothing Relaxation by reading [The Story of Soothing Relaxation](#)