

Mindful Music Exercise

Practicing mindfulness can decrease stress, help you focus, and feel better about yourself and your experiences. Mindfulness can be practiced in a number of ways, for this exercise we are going to use music.

- 1** Create a playlist of songs that cause a positive feeling of joy or peace. If you like, you can select a piece that is intended for mediation which are typically instrumental and are intended to help you relax.
- 2** Find a comfortable location - this could be your room or maybe go for a walk. Find a location where you don't have to be aware of your surroundings.
- 3** Play the first song and focus on your breath. Now notice your body. Are you sitting at home resting or out walking? Pay attention to the movement of your body and the tension you might feel. Breathe into that tension.
- 4** Refocus on the music. How does that song make you feel? What memories does the song evoke?
- 5** Does your song have words? Think about those words, maybe even say them quietly in your head. How do they make you feel? If your thoughts or attention wander, return to the music.



How did this activity make you feel, physically, mentally or emotionally?

Was it easy, challenging, or a bit of both?

Do you think you would want to continue practicing listening to music mindfully? Why or why not?