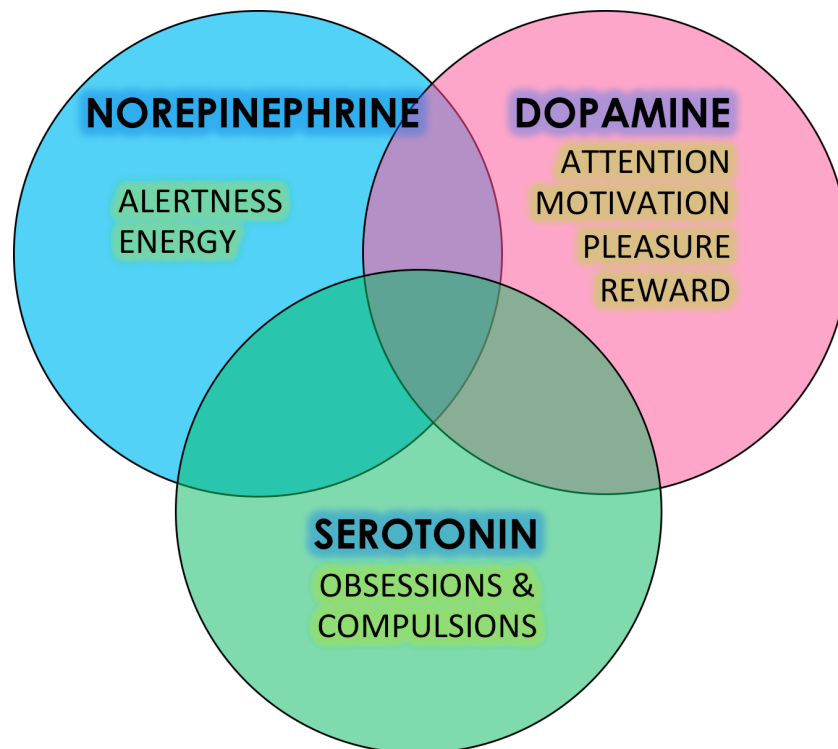




THE HEALING POWER OF MUSIC

Music has been studied as a treatment for pain for decades, dating back to the 1960's. Music has been shown to elicit a relaxation response in the body (changed heart and respiratory rate and blood pressure), reduce pain by up to 50%, and even improve function in people with chronic pain. It is theorized that music reduces pain for a number of reasons: 1. offering the brain an engaging distraction, 2. inducing relaxation and positive emotions, 3. triggering the release of natural pain-relieving chemicals (ex., endorphins), and 4. increasing certain neurotransmitters in the brain (see below). Relaxing music seems to have the greatest impact, followed by happy music, but even sad music has been shown to be better than no music.

Music and the Brain



Optimize the benefits of music by following these guidelines:

1. Choose music you like, based on your own personal taste (but perhaps now may also be a time to open your mind to new music?)
2. For relaxation, listen to music for 20-30 minutes with headphones in a relaxed position (one study found that listening to relaxing, instrumental for 20 minutes twice/day resulted in decreases in pain, depression, anxiety, and use of anxiety medication)
3. Add happy, upbeat music to your exercise routines.
4. Try this on a regular, daily basis for one month and notice the effects



MAKE YOUR MUSIC PLAN



Make a list of relaxing and happy songs to listen to.

Happy songs

1. Artist/Song: _____
2. Artist/Song: _____
3. Artist/Song: _____
4. Artist/Song: _____
5. Artist/Song: _____

Relaxing songs

1. Artist/Song: _____
2. Artist/Song: _____
3. Artist/Song: _____
4. Artist/Song: _____
5. Artist/Song: _____

FIND BPC ON SPOTIFY



Spotify is a free music app for your phone or computer that gives you access to just about any song ever recorded. Boston PainCare has an account (search for "bostonpaincare" on Spotify or find it through www.bostonpaincare.com -> Fast Track Resources) which has playlists of upbeat, happy music (from 60's to 2000's), relaxing music, jazz, and classical. Give us your suggestions and we can update our playlists!