



TSW TIME OUT

VOLUME 8

TRAUMA SENSITIVE WORKPLACE INITIATIVE

MUSIC THERAPY

RESEARCH HAS SHOWN THAT MUSIC HAS A NUMBER OF BENEFITS TO A PERSON'S HEALTH AND WELL-BEING, INCLUDING:

- HAVING A POSITIVE EFFECT ON STRESS REDUCTION IN BOTH PHYSIOLOGICAL AROUSAL AND PSYCHOLOGICAL RESPONSE
- AN INCREASE IN FEELINGS OF HAPPINESS, LEADING TO A STRESS REDUCING EFFECT
- PROVIDING A DISTRACTION FROM STRESS-INCREASING THOUGHTS OR AVERSE EMOTIONAL STATES
- PROVIDING AN OUTLET TO EXPRESS EMOTIONS

SOURCE: "USING MUSIC FOR STRESS REDUCTION AND SELF-CARE"
(CRESTBD.CA/2020/04/09/MUSIC-SELF-CARE)



SELF-CARE SUGGESTION: STOP. PAUSE. PLAY

IN ADDITION TO BREATHING EXERCISES AND PAUSE-RESET-NOURISH, TRY INCORPORATING MUSIC INTO YOUR SELF-CARE ROUTINE. CREATE PLAYLISTS THAT FIT ANY GIVEN MOOD, SUCH AS CALMING SONGS TO HELP LOWER HEART RATE OR UPLIFTING ONES TO HELP DEAL WITH DIFFICULT SITUATIONS AND EMOTIONS. YOU CAN ALSO CREATE YOUR OWN MUSIC, OR HAVE A "TRANSITION SONG" TO HELP SIGNIFY THAT YOUR WORKDAY IS COMPLETE. THIS WAY YOU CAN MENTALLY SWITCH TO FOCUSING ON HOME LIFE.



WE'RE HERE FOR YOU !

CONTACT US FOR SUPPORT AND MORE RESOURCES TO ADDRESS SECONDARY TRAUMATIC STRESS AND VICARIOUS TRAUMA. BE ON THE LOOKOUT FOR FUTURE TRAININGS AND NEWSLETTERS! EMAIL US AT:

TSW@MARSHALL.EDU

"LIFE SEEMS TO GO ON WITHOUT EFFORT WHEN I AM FILLED WITH MUSIC."

— **GEORGE ELIOT, THE MILL ON THE FLOSS**

PEER SUPPORT IS HERE!!
CLICK [HERE](#) TO SEE THE PEER SUPPORT GROUP SCHEDULE! SOCIAL SERVICE MANAGERS - CONTACT US TO GET A DATE SET UP FOR YOUR DISTRICT AT TSW@MARSHALL.EDU