

Music is a great way to reduce stress.

Stress can be brought about by many factors – work, family, school, relationships. No matter what causes your stress, learn how to manage it well, as too much stress is not good for your health. One of the most inexpensive and widely available stress relievers is music. A benefit of music as a stress reliever is that it can be used while you conduct your regular activities, so it doesn't take time away from your busy schedule. Music provides a wonderful backdrop for your life, and you can find increased enjoyment from what you're doing while reducing stress from your day. Here are some ways to reduce stress and drown your tension away with the help of music.

1. Starting out right – rise with music.

The first few minutes after you wake up could define what your day is going to be like. Jump start your day to a wonderful and productive one by listening to some feel-good music. Play your favorite praise songs on your playlist while you are getting ready for work and it's a sure way to get you into a jolly mood.

2. Stretch when your body is tense.

When you feel tension and tightness creeping up all over your body, ease the tension away with some relaxation and stretching to relaxing music. Feel the music as you breathe in and out and feel your tension release.

3. On the Job – work with music.

Are you having a bad day at the office? Reduce stress and disappointment with the help of some feel-good music. Listening to your favorite artists can turn your day around. Having music while working is also a great way to boost your brain cells so that you would be more productive and creative.

4. Put on headphones when you are feeling anxious.

The world could sometimes be overwhelming. When you feel that stress and anxiety are about to take over your life, Put your headphones in and blast your playlist! Getting lost in music even for a few minutes is a great way to get refreshed.

5. Daily medicine – sing with music.

People often say, *"an apple a day keeps the doctor away."* While this saying is true to so many people, give yourself a daily boost of energy by listening to your favorite songs and singing with it. It doesn't matter if you have a wonderful voice or not. Sing your heart out like no one is listening.

6. Emotion in motion – move with the music.

Don't just listen to a song, instead, try to feel its beat and rhythm and move with it. Don't stop yourself if that lively song would want to make you dance. Moving with music may bring you more joy and relief.

7. Sing in the car when you're stuck in traffic.

Traffic is one of the things in this world that we don't have a control of. Turn it around by having your own concert in the comfort of your car. Look at the positive side of traffic: it gives you more time to practice your singing prowess!

8. Cook and Eat with music.

Good nutrition is an important part of a healthy lifestyle, and it may keep your stress level down. Eating at home is one way to provide healthy meals and less expense, but many people find themselves too tired to cook once they get home. With a backdrop of music that you enjoy, cooking becomes a fun activity rather than a chore. As you eat, soothing music can trigger relaxation and lower cortisol levels, making it easier to digest food.

9. Paying Bills

We all need to pay bills, but the job doesn't always take a high degree of concentration. Playing music while you write your checks can help ease the financial stress you may be feeling and make the task more enjoyable.

10. End your day with relaxing tunes.

Playing music as you drift off is one way to counteract the effects of stress by taking your mind off what's stressing you. Music can help slow down your breathing and soothe your mind.