



THIS WEEK'S FIND  
ANOTHER GOLDEN NUGGET

# A Dose of Self-Care

**When you are feeling down, what do you do to feel better? Music, whether you are singing, playing an instrument or listening, is a valuable tool to use when you need a mood boost.**

The American Medical Association reviewed 26 studies around the world on music and health and found that music improves emotional well-being and mood. While this finding may not come as a surprise, what is surprising is that the research shows that music's positive impact on well-being is equivalent to that of exercising or losing weight.

Professor Suzanne Hanser of Berklee College of Music says that music can help you shift your attention from problems to solutions. Plus, it offers a rhythmic structure for relaxation and breathing, helping you evoke a state of happiness.

**If you're looking to boost your mood with music, try this:**

Listen to a song you love and close your eyes. Let it wash over you.

- How does it make you feel?
- What memories does it bring back?
- Who does it remind you of?
- What part of the song resonates with you the most?

Answering these questions can help you to understand how you are feeling and improve your mindset.

