

SAFETY SEGMENTS MARCH



MUSIC THERAPY



WHAT WE'RE LEARNING

Music indeed has a remarkable ability to uplift our spirits and improve our mood. Research has shown that listening to music can stimulate the release of the body's natural "happy chemicals". Moreover, music can also help regulate our emotions and improve our focus. It has been found to reduce levels of the stress hormone cortisol, lower blood pressure, and even improve sleep quality. These chemicals play a crucial role in enhancing our mental health and overall well-being. Whether you're dancing around your room to an energetic tune or relaxing with some calming melodies, music can be a powerful tool for enhancing your mental and emotional well-being. So next time you're feeling down or stressed, try putting on some of your favorite music and let it work its magic!

GUIDING QUESTIONS

- Does music allow you to change a mood or set a new mood?
- What is your favorite type of music to make you feel better?
- What are some of the key things you can do for Violence and Harassment

Notes to the Team Leader:

Facilitate an atmosphere of support and openness to feedback by encouraging the staff to share experiences or opinions without fear of reprisal.

DIRECTIONS

Start the discussion by setting the expectations for creating a safe space and respecting everyone's feedback. Print or show an electronic copy of [Music & the Brain](#). After everyone is done, use the guiding questions to facilitate a group discussion.