

# KENT MUSIC MUSIC AND WELLBEING RESOURCE

Musical ideas to support your students with their mental health and wellbeing!

Research suggests that music can boost endorphins and oxytocin which are the 'feel good' chemicals within our brain. For many, the challenges that the Covid-19 pandemic has brought with it means those endorphins have been harder to come by. Below are some ideas on how we can support children and young people (or anyone!) with their mental health and wellbeing through music during this time.



## Playlists



Whilst having music on shuffle can be fun and useful if you cannot decide what to listen to, creating purposeful playlists for different times of day or the moods you feel can really allow you to tap into your thoughts and feelings and manage them better. Providing students with the opportunity to think about how music makes them feel and sort songs and artists accordingly could help them long term to recognize the emotions they are feeling and support them through tough times in the day. Types of playlist to make could include: playlist to wake up to, playlist to exercise to, calming playlist and music for nostalgia. Give it a go and if you feel brave compare what you make!

## Pause



Mindfulness can often be a challenging skill to practice, especially as a young person. However, having a focus on pausing and breathing deeply can be just as beneficial, can slow the heart rate and clear the mind. Use a song or piece of music with a steady or slow tempo to help you inhale your breath and hold it, before releasing the stress out!

Getting students to breath along with a piece of music can really deepen their understanding of pulse and rhythm too!

A good tip is to breath in for four counts of the pulse, hold for four, and steadily release for four. You can gradually lengthen the times the more you practice.

## Poetry



Whilst speaking out about your thoughts and feelings may be daunting and tough for many to do, journaling or writing lyrics or poetry based on them is a great way for young people to recognize the emotions they are feeling. For a more musical focus, students could base their lyric writing on a pre-existing piece of music if they do not have the means to write their own piece at home.

Often writing all the challenges you are facing out and being able to see them on paper will clear the mind and provide a renewed focus.

## Play



Taking time to play the instrument you love, sing along to, or listen to your favourite song can often do the world of good! Singing has many health benefits including enhancing memory, relieving stress and improving lung function, but if you would rather play your instrument or boogie to your favourite song that will do the trick too.

Select your energy boosting playlist and take some time to listen to all your feel good hits!!

## Kent Music

There are many organisations out there that support young people with their mental health and wellbeing, including:

[Young Minds](#)  
[Place2be](#)  
[The Mix](#)

If you require further help or support on these resources you can always contact your Area Manager or School Support and CPD Manager Liv Edwards!

