



# TUNE UP *with* MUSIC

**Music is like a powerful drug.** The right music can boost your immune system, raise your mood, and even promote healing after a surgery.

Sounds amazing, but the music that plays through your headset, computer, or other device can counteract feelings of depression and tune you into a **happier state of mind**. Discover how music plays you as much as you play it.

**Create a Music-Mood Inventory** To find out how music alters how you feel, rate your mood as you listen to different kinds of music. *(experiment with different kinds of music and see how each shifts your mood)*

1. Make note of the activity you are engaged in before music. Rate your mood on a 1-10 scale (1=low; 10=high)
2. Play music
3. Rate your mood again after listening to music using the 1-10 scale

Reflect on what you discovered about music as a way to manage moods. What type of music or songs were most effective in changing your moods?

What music might work for you for various kinds of activities,? *(Chore Playlist, Confidence and Feel Good Playlist, Getting-Out-of-the-House Playlist, and Starting or Finishing a Project Playlist.)*