

Music For Wellbeing

There is lots of historical and recent research to support how music can benefit your wellbeing. From returning soldiers of WW2 to people recovering from Covid 19. How can music help with you and your family's wellbeing?

1. Had a bad or long day – put on your favourite tunes and blast them out to de-stress.
2. Feeling angry, anxious or worried – put on calming music to relax and to take away those thoughts.
3. It's raining and you can't get out for your walk or exercise – put on your favourite tunes and just have a boogie.
4. Does the family enjoy a boogie – dress up one evening and have a family disco. Link up to friends and family virtually or join Sophie Ells-Bextor and her children – see link
https://www.youtube.com/watch?v=O_LYle3fRjw
5. Need a challenge to either take your mind off things or want to fill your time – Learn to play a musical instrument. There are lots on online tutorials you can access.



6. Enjoy signing – join a local choir/singing group. It may be virtually for now but you could be meeting as a group or performing in the future. It's a good way to make new friends. Opera singers are helping patients suffering from long Covid 19 with their breathing.

Look after yourself – *Family Learning Team*