

JENNIFER BUCHANAN

Jennifer introduced me to the miracles that music therapy can perform.

– Don Felder, lead guitarist of the Eagles

worksheets

tune in

A Music Therapy Approach to Life

**Use music intentionally to curb stress,
boost morale, and restore health.**

SECOND EDITION | REVISED AND EXPANDED

Listening Habits

Question	Answer
Where have you listened to music over this past month?	
When do you not listen to music?	
How do you feel when you are not listening to music?	
How are you using music therapeutically in your life - right now?	
If you are not using music why do you think that is ?	
If music no longer existed where would you miss it the most?	
How often in a day are you actively paying attention to music?	
Is music continually playing in your home or office?	

Music Preferences

Your preferences are your greatest triggers to snap you into the mood you want to be in but first we have to identify our preferences. In order to do that we have several considerations: style preferences, tempo preferences and timbre preferences.

Style preferences are often one of the easiest markers of music preferences. This is the kind of music we like. From classical to country, there are definite styles that we gravitate towards. It is fun as well as important to recognize what your style preferences are, but always leave yourself open to surprises. Take a moment and audit all the music you currently listen to. Identify which styles you listen to the most often - and ask yourself what is about these styles that draws in your interest. Discussing with a good friend, teacher or family member may draw out some more insights. Here are a few - there are many more:

- 1. Electronic Dance Music**
- 2. Rock**
- 3. Jazz**
- 4. Country**
- 5. Dubstep**
- 6. Rhythm and Blues**
- 7. Techno**
- 8. Indie rock**
- 9. Heavy Metal**
- 10. Pop**

Question	Answer
What music do you listen to when you workout or need a boost of energy?	
What style of music do you feel deeply connected to right now?	
What is it about the style that makes you feel connected to it?	
If you could go to one concert right now what would it be? Why?	
If you designed a radio station just for you, what music must be included?	
What music ties you the closest to the person you love?	

Tempo Preferences

Next look at your **tempo preferences** - that will vary more often each day. The tempo of a song we like in the morning is often different than the speed of songs we like in the afternoon or just before we go to bed. When selecting a song for a party we often think of tempo first and select what we perceive is upbeat or relaxing depending the mood we want to evoke.

Question	Answer
What speed of music do you prefer to wake up to?	
What speed of music do you prefer to go to sleep to?	
What speed of music would help you feel refreshed for when you arrive at home after long day at work?	
What speed of music do you prefer to exercise to?	
What speed of music motivates you during a low time?	

Your Personal Soundtrack

Bring together the following resources: a pen and paper, a copy of the personal soundtrack form on the following page.

1. Take a few moments to settle your mind, close your eyes, and slow your breath.
2. Begin to imagine yourself as a very young person (sometimes looking at pictures of yourself when you were young before closing your eyes will help you visualize that time in your life more easily).
3. As you think of yourself at that young age begin to open your ears and think about the positive sounds, silences, and music that were in your life at that time.
4. When these sounds become almost truly audible, open your eyes and start documenting these memories. Who were you with? Were you alone? How were you feeling?
5. Continue with your memories through each major stage of your life starting with your earliest childhood memories and finishing with your current music memories.
6. You will definitely need more paper- this should be a long list. This activity will take a minimum of one hour to complete and will most likely be something that you come back to time and time again as you remember music that has been important to you throughout your lifetime.

Age	What music are you listening to at this age?	What are your associated memories?
Birth to Grade School (Earliest Music Memories)		
Grade School		
Teen Years		
Adulthood		
Seniors		

Auditory Diet

If you have high levels of stress in your life with which you cannot cope, the problem may not be with you, but with the techniques that you use to manage it. Work can be a stressful environment and it can be tough to make it through a day without some kind of anxiety reducer. That is why so many people use music to ease their minds and help them get through the day. Studies show music can actually lower your heart rate and reduce stress for some people. Can it reduce stress for anyone? Chances are that, yes it can. The key is finding the right music to do the right work.

Question	Answer
What instruments calms you almost immediately?	
What instrument boost your mood quickly?	
What sounds at home do you perceive as negative?	
What sounds at home do you perceive as negative?	
Do you feel you can control some/ or many of the sounds in your work and/or home environment? what are the implications of this?	
If you could add more of one positive tone/sound to your environment what would it be?	

About the Author



Jennifer Buchanan is as a Professional Speaker, Music Therapist, Founder of JB Music Therapy and Author of two award-winning books - ***Tune In*** and ***Wellness Incorporated***.

She provides keynotes, webinars and seminars to support her books including: 'Music for Mental Health' and 'How to Design Purposeful Playlists'.

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