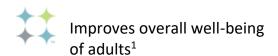


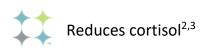


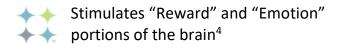
SCP Work Life Journey Task Force - Topic of the Month

Did you know that there is a song that is so effective at anxiety reduction, that you shouldn't drive while listening?

Before we get to that, let's break down the science behind music therapy:







Music therapy has been associated with improvement in medical conditions such as...

- Anxiety and pain in adult surgical patients⁵
- Stress and anxiety in critically ill patients⁶
- Reduction in chronic pain⁷
- And many more conditions!

Top 10 Songs for Reducing Anxiety

, 3, 3		
#	Song Title	Artist
1	Weightless	Marconi Union
2	Electra	Airstream
3	Mellomaniac (Chill Out Mix)	DJ Shah
4	Watermark	Enya
5	Strawberry Swing	Coldplay
6	Please Don't Go	Barcelona
7	Pure Shores	All Saints
8	Someone Like You	Adele
9	Canzonetta Sull'aria	Mozart

Relaxation Songs



10 We Can Fly

Rue du Soleil (Café Del Mar)

How were the top 10 songs discovered?^{8,9}

Who? - Mindlab International

Intervention? - Music therapy for individuals completing difficult puzzles

Outcomes? - Reduction in anxiety and physiological resting rates (heart rate, blood pressure, and breaths/minute)

Results?

- Development of Top 10 Songs
- #1 Song "Weightless": 65% ↓ anxiety, 35% ↓ physiological resting rates

How?

- "Weightless" originally created by <u>sound therapists</u> to exclude repeating melodies
 - o Allows brain to rest instead of subconsciously predicting melodies
 - Takes ~5 minutes for heartbeat to match track's beats/minute
 - o Led to <u>drowsiness</u> in many!

Curious to listen?

Spotify Playlist of top 10 songs: public playlist

"Weightless": free 10-hour version





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