Music4Life Habits Journal

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MUSIC4LIFE HABITS JOURNAL

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ABOUT THE AUTHOR

JJudith Pinkerton's passion for healing music was ignited when her solo violin music replaced medication post-surgery in a hospital.Since then, she founded and managed a non-profit music therapy clinic and Music4Life® over the past 30 years. As an author, recording artist, continuing education trainer, radio show host, internship director and licensed, board-certified music therapist, Judith developed the Music 4 Life® Music Medicine protocol from clinical evidence working with more than 11,000 clients over a couple decades.

Today Judith heads up Music 4 Life® Inc., using tremendous advocacy that resulted in the State of Nevada signing into law music therapy state licensure which she is the first to receive in the USA. Judith is cited in "The International Who's Who in American Music" (1987) and is first time recipient of the Aflac ACM "Lifting Lives" Honor (2018).

As a TEDxUNLV speaker "Music Powers Potential," Judith trains people around the globe about transformational music listening habits to support healthy lifestyles.

Judith Pinkerton,
Founder
TheMusic4Life.com

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INTRODUCTION

What is Music4Life® Music Medicine?
What do we mean when we speak about using music as medicine? Well, it's taken me 30+ years as a professional musician and 19+ years as a board certified music therapist to develop my understanding. But I invite you to learn by working on the 30 goals outlined for each of 6 Habits and write about your experience in this journal. *Create a daily appointment reminder.*

Become empowered to categorize your music preferences differently and build music listening playlists centered on a music therapy-based formula designed to support your mental and emotional health.

Principles of Music 4 Life® Music Medicine
The invisible power of music activates the central nervous system, stimulating whole body responses three ways: 1. physiological; 2. emotional; and 3. Behavioral. These three ways are stimulated by neurochemicals, blood pressure, heart rate, galvanic skin response (chill bumps or sweating), and respiration. Neuroscience, psychology and music therapy theories are infused within this innovative protocol accessed through music therapy sessions, certification trainings, eCourses, subscriptions and products featured in "Power Up Your Life."

Why do you want to use it?
The biggest problem today is out of control, repressed or suppressed moods. The solution: emotional regulation. Imagine being less upset when change happens by recognizing and accepting your entire continuum of emotions. When emotional regulation is practiced regularly, emotional fluidity causes resilience: the ability to bounce back quickly and stronger from negative experiences.

How to use this Journal
The 30-day regimen features extended activities within this Music4Life Habits Journal, identifying Common Practices that are general ways most people engage. Then, introducing each Habit's Highly Empowered Practice statement will transform that Common Practice through five engaging, activities. 30 daily activities are planned to help you build empowerment every day.

Start with Habit #1 and proceed in sequence with journaling about activities 1-2-3-4-5, etc. After you complete the entire 30 days, choose any card thereafter to reinforce your focus for a renewed day.

I've always loved music
but Music4Life changed my whole outlook.
The way music is prescribed is better than any medicine.
I will never hear music the same:
my eyes and ears were opened
to music healing every wound
that impaled my Body, Mind and Spirit.
— Barry L., past client

HABIT 1
ZONE RECOGNITION

Highly Empowered Process:
I identify my mood zones and
recognize how different music affects me.

Transform this Common Practice:
I tolerate how I'm feeling and
don't think about music affecting my mood.

Refer to your card on Zone Recognition to understand what it is, why it's important and how to use it.

Investigative Activity 1-1

Goal: Identify four words that represent music listening habits.

How do you relate to these four words describing music listening habits in the article "Music Powers Potential: Good, Bad and Ugly" at themusic4life.com/music-powers-potential-good-bad-and-ugly.

Savage - Breast - Beast - Mindset

Journaling Activity 1-2

Goal: Connect emotional awareness with life conditions.

Analyze your five Health Zones responding to these questions and journal your thoughts. This activity is to simply observe and journal your responses, recognizing the zones you are in.

1. Physical Health Zone
Are you overly fatigued? Do you have panic attacks? Is there another health concern?

_____
_____
_____
_____
_____

2.Emotional Health Zone
Are you experiencing a lot of anger, anxiety, sadness, depression or apathy?

_____
_____
_____
_____
_____

3.Mental/Cognitive Health Zones
Are you having negative or racing thoughts?

_____
_____
_____
_____
_____

Journaling Activity 1-2 cont'd

4.Social Health Zone
Are you isolating yourself from others or do you like partying all the time?

_____
_____
_____
_____
_____

5.Spiritual Health Zone
Do you feel disconnected to your inner spirit or higher power?

_____
_____
_____
_____
_____

If any of your responses to the questions are “yes,” then you may be stuck in a Chronic Comfort Zone™ (referenced in upcoming Empowerment Habits).

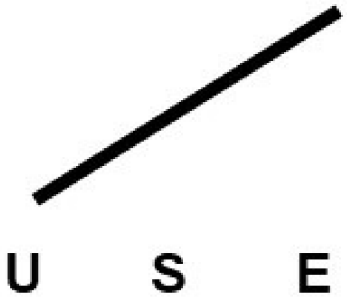
Assessment Activity 1-3

Goal: Develop deeper recognition of three mood zones.

Read and journal your self-assessment results at themusic4life.com/self-assessment to understand your Emotional Shape, mood zones, and observations.

Draw your Emotional Shape

Date_____



Journaling Activity 1-4

Goal: Train your mind to notice how music affects your Health Zones.

Make mental notes and journal about your reactions to music, real time listening, no matter where you are.

Music Title	Artist	Note feeling same, worse or better after listening	Note how zone is affected after listening: physical, emotional, mental/cognitive, social, spiritual

1. Note which music listening experiences made you want to avoid listening, or feeling better, worse, or the same.
2. Note the resulting mood. Did you get more unsettled, more calm, or happier as a result of your chosen music?
3. Compare your notes, then reflect on three possibilities that might describe your experience.
    a. You are so used to feeling one mood most of the time that you tolerate it and listen to music that makes you feel that mood more.
    b. You choose to avoid listening to music that affects your personal space (zone) and/or listen to talk radio instead of music.
    c. You play a good deal of online or app games with or without music.

If you agree with any of the experiences in Step #3, they could lead to a Chronic Comfort Zone™. Be aware of the condition of your Emotional Health Zone as it impacts your Physical, Mental/Cognitive, Social and Spiritual Health Zones.

NOTES

Learning Activity 1-5

Goal: Train your mind to notice how music affects your Health Zones.

Review your Music4Life® Habit 1 Journal Activities 2, 3 and 4 with these questions.

- Did your Self-Assessment report collected for Activity 3 indicate a possible Chronic Comfort Zone?

_____
_____
_____
_____
_____

- Did you respond “yes” in Activity 2 to any of the Health Zone queries?

_____
_____
_____
_____
_____

- When comparing your notes in Activity 4, did you answer “yes” to the queries?

_____
_____
_____
_____
_____

If you answer yes to these questions, you could become trapped in one of three Chronic Comfort Zones™ identified in Music4Life’s Music Medicine Protocol. These zones complicate life with being caught in a prevailing mood that represses or suppresses other emotions. Be aware of these three Chronic Comfort Zones for potential entrapment: Unsettled, Soothed and Energized moods.
Read more about mood entrapment and Chronic Comfort Zones in the article "Are You Trapped?" at themusic4life.com/are-you-trapped.

HABIT 2
EMOTIONAL AWARENESS

Highly Empowered Process:

I develop awareness of my emotions and use music intentionally to help me feel better.

Transform this Common Practice:

I listen to music that reflects how I feel at the time.

Refer to your card on Emotional Awareness to understand what it is, why it's important and how to use it.

Learning Activity 2-1

Goal: Identify Chronic Comfort Zones™ of Unsettled, Soothed, and Energized.

Learn about three danger zones related to stress.

1. Chronic "Unsettled" Comfort Zone
2. Chronic "Soothed" Comfort Zone
3. Chronic "Energized" Comfort Zone

First, identify your experience of stress. Is it eustress or distress, where the stress effects are either positive (eustress) or negative (distress).

The **Chronic "Unsettled" Comfort Zone** is where negative stress called "distress" is found. The feeling of being trapped in distress can be misinterpreted, labeling it something other than an unsettled mood. For instance, excessive anxiety may be called excitement. Anger may be interpreted as feeling energized. And depression or apathy may be referenced as feeling calm. These unsettled zones "mislabeled" are the most potent Chronic Comfort Zones as this entrapment can lead to road rage, active shooter incidents, suicide, violence and panic attacks.

The other two danger zones are Soothed and Energized.

The **Chronic "Soothed" Comfort Zone** desires only peace and may avoid all stress, could be entangled in dissociation, and may be repressing unsettled and/or energized moods.

The **Chronic "Energized" Comfort Zone** desires only happiness and may avoid all stress, could be entrapped in "grin and bear it" situations not resolving conflicts, and may be repressing unsettled and/or soothed moods.

Do you recognize these zones in yourself or someone else?

NOTES

Assessment Activity 2-2

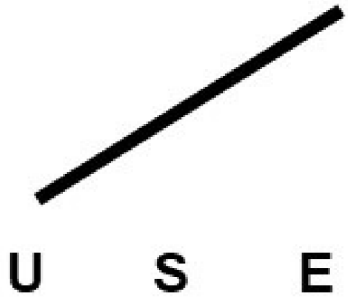
Goal: Connect emotional awareness with life conditions.

When you complete another Music4Life® Self-Assessment of U.S.E scores, notate identified conditions and emotional shape in your Music4Life Habits Journal (Habit 2, Activity 2). Remember your username and password which were created at THEMusic4Life.com to insert assessment results for Habit 1, Activity 3.

Read your assessment findings to understand your current Emotional Shape and develop Emotional Awareness by comparing your "Emotional Shape" drawn previously for Habit 1, Activity 3.

Draw your Emotional Shape

Date_____



Notice if your two Emotional Shapes changed. Are you more stressed, relaxed or happy? More stress would be noticed in your Emotional Shapes as a higher "U," and lower "S" and "E." Whereas more relaxation and happiness would be noticed in your Emotional Shapes as a lower "U," and higher "S" and "E."

As you focus on developing Emotional Awareness, attempt to precisely identify your feelings. This will develop emotional literacy when you practice communicating how you feel to get your emotional needs met. This in turn improves emotional intelligence when practicing empathy and sharing emotional support.

NOTES

Listening Activity 2-3

Goal: Acquire active music listening skills.

Develop music listening skills by differentiating between passive and active listening.

Active listening engages full attention without distraction.

Passive listening does not focus on background music.

Read about six music listening strategies for active listening in the article “Improve Music Listening Skills” at themusic4life.com/improve-music-listening-skills.

Practice active music listening skills, observing how music deeply moves you. Improve Emotional Awareness and gain emotional literacy by communicating your feelings with others when sharing music.

Learning Activity 2-4

Goal: Train your mind to be stronger when confronted by negativity.

Avoid losing yourself within intense emotions by building positive zones of affirmations and beautiful art as you connect to matching empowerment music.

When a situation arises that upsets you, identify your mood and reference these seven approaches to select one that feels right for your situation. Then, decide on an affirmation and match it with music to build your positive zone – mindset.

Seven Approaches

1. Discomfort is part of growth = learn from it, release it, let it go;
2. Worrying and criticizing changes nothing = find something about it which expresses your gratitude;
3. Any small effort is progress = do something from #1 or 2;
4. Scars reveal signs of strength = reminders of your ability to survive;
5. Others' pessimism is not your problem = detach in that moment and watch life evolve as a movie;
6. What's expected to be, will be = whatever you focus on, grows.
7. This too shall pass = life evolves forward so focus on what you desire.

Here is an example from Music4Life's "Power Up 365" daily text program where the graphic image, quote "Stars cannot shine without darkness," and music selection "Stronger" by Kelly Clarkson merge for deeper positive reflection.

Day 71
themusic4life.com/product/power-up-365

Journaling Activity 2-5

Goal: Strategize intentional use of music during the day.

Pre-plan your use of music (instead of something else) to transform three conditions you listed on (Habit 2, Activity 5). Journal your strategy with insights about results.

Here are some ideas of conditions to change using music instead of:

1) coffee or another stimulant to wake up or stay awake;
2) needing a sleep aid (caution: follow doctor's orders for medications);
3) doing something else to reduce upsetness or detachment when stressed;
4) doing something else to maintain relaxation or happiness.

Write your insights answering these questions.

- How long are you able to stay awake (or maintain your desired condition/mood)?

_____
_____
_____
_____
_____

- How long does it take you to go to sleep and do you stay asleep?

_____
_____
_____
_____
_____

- How long do you remain stress-free?

_____
_____
_____
_____
_____

Journaling Activity 2-5 cont'd

- How long do you stay relaxed or happy?

_____
_____
_____
_____
_____

Pay attention to how your intentional planning of music choices affects you.

If you are instinctively self-medicating with music, the undesirable emotion may return after you stop listening. If you find this happening, just observe and journal about it.

There is a more intentional way of neutralizing unsettledness where prescriptive music listening habits result in feeling more peace and joy. This entails more circumspect expansion of your music preferences to escape toxicity and entrapment caused by excessive unsettledness. Find this entire discussion later in other Empowerment Habits.

HABIT 3
MOOD CONTROL

Highly Empowered Process:
I regulate my emotions using music intentionally to empower my day.

Transform this Common Practice:
I allow my environment to shape the way I feel with my moods dictating how my day will evolve.

Refer to your card on Mood Control to understand what it is, why it's important and how to use it.

Power Up with Music

Assessment Activity 3-1

Goal: Understand the deeper effects of our changing world as it relates to mood control.

There is intensifying violent conflict and conflicted voices (being inconsistent, confused or indecisive) in the USA alone, involving what defines being an American and what defines America. Music has found a widening pathway as a recruiter for hate groups with a surge of hate crimes. It seems easier to argue, behave violently, or numb and detach. A review of music used world-wide reports the COVID pandemic has generated desires to listen to sadder music.

Answer these questions. When you respond "yes," you may be breeding negativity.

- Do you easily engage in heated arguments?
- Do you get agitated when others change your music?
- Do you find yourself numbing and detaching when you disagree with others or experience different conditions?
- Do your music preferences attract disdain and disturbance?

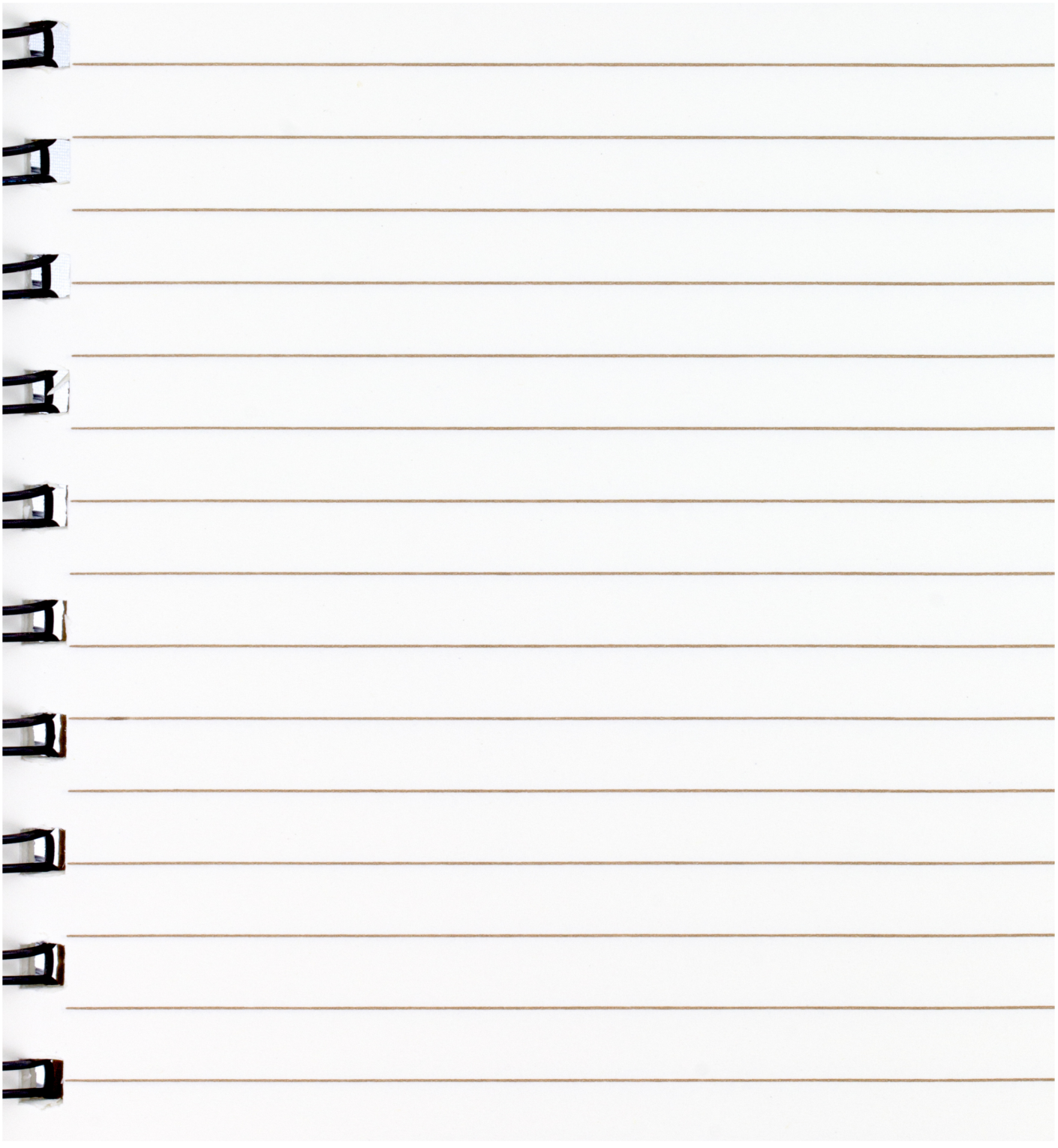
Answer these questions. When you respond "yes," you may be projecting tolerance and collaboration.

- Is it easy to understand and empathize with others' perspectives or situations?
- Do you calmly share information respectfully?
- Do you assert that your music works best for you because you are able to maintain a positive mood and attitude?
- Do you listen to others' music even though it may not be your preference to learn more about them?
- Does your music build friendships based on love, peace, or happiness?

Depending on your answers, you may find yourself grappling in constant quandary with how to proceed in friendship. Consider applying music as medicine to support a healthier view of yourself and others, dedicating playlists to practicing the tenets of Music4Life's Music Medicine Protocol in upcoming Empowerment Habits.

Read more at themusic4life.com/mood-control-in-a-changing-world.

Assessment Activity 3-1 cont'd



Investigative Activity 3-2

Goal: Switch off media disturbances to reduce negative influences using positive music to center yourself.

After being exposed to negative news (watching “live” news or videos, listening to talk radio or reading stories), play soothing or energizing (the happy kind) music, to counteract distress caused by too much negative exposure.

Why? When we constantly read about negative news and then experience a crisis, it can have a damaging impact on our brain because our fight or flight response activates the sympathetic nervous system and releases cortisol and adrenaline and other stress hormones. When levels of these stress hormones significantly increase relentlessly, physical symptoms may result.

Do you experience any of these eight symptoms?

- fatigue
- anxiety
- irritability
- sleeping problems
- heart disease
- memory and concentration difficulties
- depression
- weight challenges

Shift your experience of symptoms or potential problems by engaging in two practices today.

1.Practice Mindfulness by bringing your attention to the present moment, thereby exerting better control over yourself. Observe your thoughts, emotions, and scan your body for sensations.

2.Then, choose music you have used for greater relaxation or that anchors happy energy. This pre-conditioned relaxation or energy response to the music can help counteract the influx of stress hormones caused by persistent negative news.

NOTES

Mindfulness Activity 3-3

Goal: Form new insights about life themes which allow you to have greater control over your moods.

Practice mindfulness observing your music listening habits, staying present with active listening (learned from Habit 2, Card 3). Note your realizations about recurring life experiences and become aware of the impact music has in perpetuating life themes, which are ideas or issues recycling through your life experiences.

Ask yourself these six questions.

1.Does your favored music represent any life themes? Review the lyric - if there are words - and examine how they connect to your life in more than one instance. Name the music instruments, how they're played, and whether they relate to you or someone you know, and how you feel about yourself or your connection to someone else.

_____

_____

_____

2.Does the music keep you rethinking past problems or good memories?

_____

_____

_____

3.How does the music drive your mood?

_____

_____

_____

Mindfulness Activity 3-3 cont'd

4.How often do you listen to it?

_____

_____

_____

5.How often do you feel that mood?

_____

_____

_____

6.What is the mood it triggers, and is it the same mood every time you listen to it?

_____

_____

_____

When you become aware of your answers to these questions, you create the opportunity to exert greater control over your moods. Discerning life themes empowers you to make conscious choices about music's supportive role creating the life you desire, or possibly becoming more aware of music's power to keep you stuck in undesirable conditions.

Investigative Activity 3-4

Goal: Form new insights about earworms for greater understanding about your moods.

Notice music that is stuck in your head, which is referred to as an earworm. Usually it is there with a message for you to decode. And, it usually stays stuck in your head until its connection to your life is resolved, or you decipher its meaning.

Or, an earworm could be a simple result of recently hearing your child's music on repeat. It plays in your head when you think of your child or the associated mood overcomes you and opens that music associated with that mood. Then again, you could be missing the presence of your child and the music starts playing in your head connected to your child.

Earworms also connect to other life experiences. Ask these eight questions to become more consciously aware of interconnectedness between the earworm and your present moment.

1. How do the lyric relate to your life now?

_____

_____

2. Does it elicit a vivid memory that you desire, or don't want to remember?

_____

_____

3. Does it keep you stuck in past unresolved problems or celebrate current wins?

_____

_____

Investigative Activity 3-4 cont'd

4.What mood(s) does it trigger?

_____

_____

5.How do you relate to the instruments or singer?

_____

_____

6.Does the music describe positive or negative experiences? You may unconsciously match music to your current unresolved mood.

_____

_____

7.Is the earworm supporting your attitude of expectant gratitude, or distracting you from thinking about undesirable conditions (past, current or future)?

_____

_____

8.Does the earworm describe your future and related anxiety about what you expect to happen?

_____

_____

Answering these questions will bring about conscious awareness that may end the earworm's repeated presence as a subconscious influence.

Investigative Activity 3-4 cont'd

A more complicated earworm drives deeper understanding about implementing a prescriptive music listening habit (reference Empowerment Habits #4 & #5). For example, the music may represent memories that may never happen again, and therefore the earworm makes you sad about a happy memory. And because of these conflicting emotions, and their relationship to current circumstances, you may stay stuck in confusion. Then, a deeper process utilizing a Music Medicine Pill™ may be advised (reference Empowerment Habit 5).

Journaling Activity 3-5

Goal: Intentionally choose music to control your moods.

Write ideas in your Music Habits Journal (Habit 3, Activity #5) to create new, positive music playlists. Purposefully create music solutions to transform life themes or earworms that may confuse you or bring you into a downer mood. Sadness, anger, anxiety or depression work against you feeling great about life.

Follow this 5-step process to create purposeful playlists that may control your moods. Write ideas in the chart on the next page.

1. Begin populating new mood music playlists with past and present ideas that are soothing and energizing (the happy kind). Brainstorm with family and friends about music possibilities with instruments (vocals if desired), artists and genres to your liking.

2. Remember past memories when you received positive reinforcement. Think of those memories you want to relive that strengthen a positive perspective of what you want to remember. For instance, find music that centers on loving things your mother told you about how to live life.

3. Recall present times of life-affirming events. Look for the good and be grateful it is happening in your life right now. For instance, find positive, uplifting music that confirms you have an excellent job with great co-workers.

4. When you settle on music ideas, populate mp3s (found in smart phone apps like iTunes and Spotify) into two new playlists labelled as “S” for Soothing (if the music is relaxing) and “E” for Energizing (if the music makes you move happily).

5. Listen to them in the morning to jumpstart your day and in the evening to stimulate positive dreams.

Investigative Activity 3-5 cont'd

	Soothing Music Selections	Energizing Music Selections
Positive Memories:		
Life Affirming Events:		

What a positive way to control your moods with purposeful playlists! If you notice this does not always work, look for deeper ways to address pervasive problems with the next Empowerment Habits.

HABIT 4
MUSIC HYGIENE

Highly Empowered Process:
I create a music diet that cleanses my emotions and enhances desired moods.

Transform this Common Practice:
I allow my environment to shape the way I feel
with my moods dictating how my day will evolve.

Refer to your card on Music Hygiene to understand what it is, why it's important and how to use it.

Learning Activity 4-1

Goal: Form daily insights about moments when music influences you.

Notice what music is played in your environment (in or out of your control) and what your response is. How does it drive your life? Become consciously aware of three problematic responses to be proactive with prescriptive music listening.

Answer these questions about a typical situation - or remember a similar experience - to form personal insights about the music's lyric, duration, and problematic mood. Ask these questions to yourself, and then ask the other person the same questions, to understand how three problematic responses tend to drive your life.

Situation
You're riding in the car and your teenager demands certain music that completely unsettles you. Or, think of a similar situation with someone else and their choice of music.

#1 Problem Response - Mood
Do you find yourself crying or getting more agitated, anxious, or apathetic? What is your mood? What is their mood?

#2 Problem Response - Lyric
Is it the lyric or music, or both, that upset you? What is the lyric, and what does it make you think about?

#3 Problem Response - Duration
Do you turn it off before it finishes because you've had enough or do you push repeat because you want more? Does your upsetness build over time so that shorter durations would be tolerable, i.e. your teen's music alternated with your choice of music?

Learning Activity 4-1 cont'd

Learning Activity 4-1 cont'd

The Difficult Conversation

Share your responses above with the other person and ask them the same questions to gain insight into their responses. Seek to understand why the other person wants to listen to that music now. Usually that type of difficult conversation can breed understanding and build empathy, thereby dissolving unhappiness.

For a deeper dive into understanding how music influences you analyzing eleven music elements effects on you, the Music Medicine Boot Camp training is available at MusicMedicineAcademy.com.

Mindfulness Activity 4-2

Goal: Learn how two states of consciousness relate to your music diet to improve mental hygiene.

Your desire to listen to music is guided by conscious and subconscious (instinctive) decisions. When you are conscious about music choices, your greater awareness of music's effects can also uncover subconscious influences (reference Habit 3, Activity #4) that affect mental hygiene. Let's dive into more states of consciousness that connect physiology to both the conscious and subconscious minds.

Brain wave activity occurs in these two states of consciousness.

1. Beta state of consciousness are brain waves measuring 13+hz that stimulate physical, emotional, and mental activity.
2. Alpha state of consciousness are brain waves measuring 8-12hz affecting physical, emotional, and mental relaxation.

These two types of music are found in music therapy and affect the above two states of consciousness.

1. Stimulative music enhances beta brain waves (mental/emotional activity).
2. Sedative music increases alpha brain waves (mental/emotional relaxation).

Experiencing the alpha state of consciousness has been linked with the flow state, where you lose track of time and become unusually productive. Increasing the alpha state of consciousness has been found to significantly improve creativity, diminish anxiety and depression, improve pain tolerance and build resilience to stress.

Identify your music diet consumption.

- What does your music diet consist of primarily: stimulative, sedative, or what combination of the two?
- Does your music diet clean out stress and maximize mental hygiene benefits?

Read more at https://themusic4life.com/does-your-music-diet-improve-mental-hygiene

Mindfulness Activity 4-2 cont'd

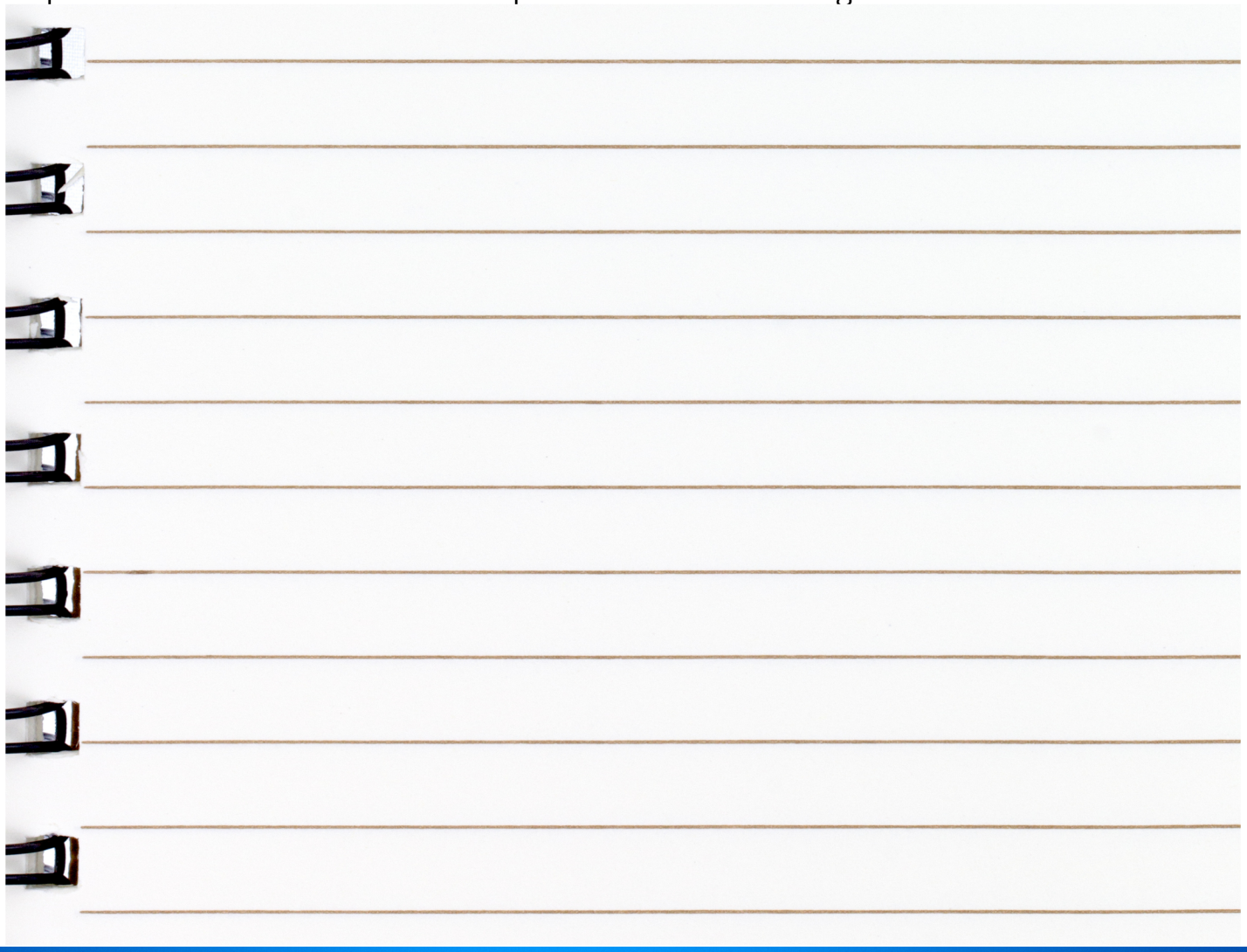
Investigative Activity 4-3

Goal: Develop physiological awareness to make best decisions applying music prescriptively.

Leading expert on the psychology of exercise music, Costas Karageorghis asserts "Music can be legal, performance-enhancing medicine." Learn about the physical influences of music that support decisions applying music prescriptively.

Identify four effects of music in three different styles that exert positive effects on physical activity for 3,599 participants engaged in exercise and sports activities.

Read "Music as Performance Enhancing Medicine" at
https://themusic4life.com/music-as-performance-enhancing-medicine



Assessment Activity 4-4

Goal: Observe what music you listen to most often and how you respond emotionally.

Follow a prescriptive approach that uses active music listening to analyze mood music for mental hygiene designations. Analyze your favorite music to decide their strength in making you feel specific moods, called U-Unsettled, S-Soothed and E-Energized, with the acronym USE music for health.

These three mood categories have these emotion assignments as seen in your self-assessments (Empowerment Habits 1 & 2).

- U-anxiety, anger, depression, sadness, etc.
- S-peaceful, content, relaxed, tranquil, etc.
- E-playful, happy, enthusiastic, optimistic, etc.

Follow these tips to help you analyze your favorite music, respecting all genres, as “U”, “S”, or “E” moods. When music is a combination of these moods, set them aside for future considerations.

Four Analysis Tips

1. The music and lyric must match the same mood. For instance, happy music with sad lyric do not match, and therefore don’t belong in these mental hygiene designations.

2. The music energy may only be one mood, or in the case of unsettledness, one emotion. Music will be very distinct when differentiating between angry, anxious, depressing or sad feelings.

3. You are indeed confirming “U” music that elicits anxiety, anger, depression or sadness. This could be an unusual way for you to think about music satiating the unsettled mood, rather than listening to music that shifts you away from that unsettled mood. This is further addressed with Mood Sequence Formulas™ and cautions in Empowerment Habit #5.

Assessment Activity 4-4 cont'd

4. Revisit your self-assessment results from Habit 1, Activity 3 and Habit 2, Activity 2 to be aware of any cautions assigning music if you are pre-determined to be in a Chronic Comfort Zone™. You want to avoid assigning the wrong type of music into a mood category above.

For more support learning how to categorize music, check out ecourses at MusicMedicineAcademy.com.

Playlist Activity 4-5

Goal: Create special Music Medicine playlists for Music Hygiene.

A cleansing music diet includes the basic three Music Medicine playlists called U-Unsettled, S-Soothed and E-Energized.

Choose the music platform that makes it easy for you to access this powerful, portable command center, i.e. through your cell phone. Examples: iTunes, Spotify, Pandora, YouTube.

Create these three U.S.E. playlists on your desired music platform. Then populate music into these playlists with a balanced music diet perspective: comparable portions of music amongst the three playlists.

1. Classify music that is "angry" and other Unsettled moods in the "U" playlist.
2. Classify music that is "peaceful" and other Soothed moods in the "S" playlist.
3. Classify music that is "happy" and other Energized moods in the "E" playlist.

Start the day finding one new song to add to one of these playlists, guided by these suggestions.

1. Consider all genres, asking friends or family for ideas.
2. Listen to a new radio station for different options.
3. Cross-train to new music using your music platform's suggestions of music similar to your taste.
4. If the music has lyric, look up the words to verify the mood of the music matches the mood of the lyric.

This classification of music matching moods for Mental Hygiene (emotional cleansing) is the precursor to effective Emotion Regulation with one more essential step needed in Empowerment Habit #5.

Assessment Activity 4-5 cont'd

Unsettled Music Playlist

Soothed Music Playlist

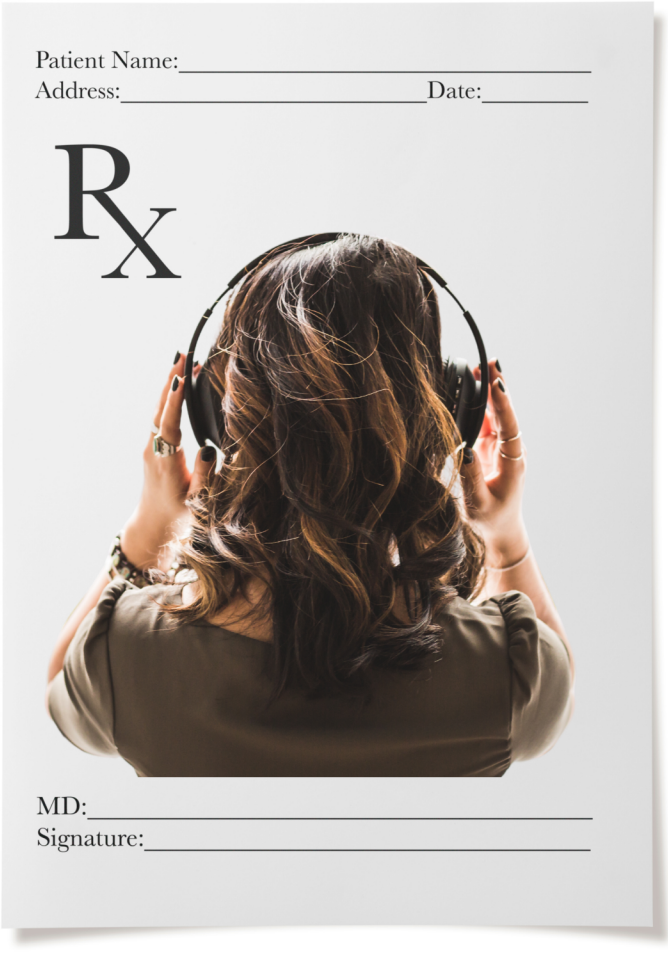
Energized Music Playlist

HABIT 5
EMOTIONAL FLUIDITY

Transform this Common Practice:
I listen to music all the time to change my moods.

By practicing this Highly Empowered Process:
I use music with prescriptive listening techniques.

Refer to your card on Emotional Fluidity to understand what it is, why it's important and how to use it.



Learning Activity 5-1

Goal: Analyze a 24/7 habit of music listening.

Consider the habit of listening to music almost 24/7 to lessen undesirable feelings associated with tension, or to enhance feelings that combat stress. Do you recognize this habit as practiced by you or someone you know?

When this is a primary music listening habit, the music may only provide temporary relief from feeling anxious, angry, depression, sadness, confusion, or boredom and then that feeling returns after the music stops, which is why the music plays continuously.

When music listening is desired almost nonstop, it's most likely due to a problematic mood found in any of the U.S.E. moods.

For example, a soothed mood may be the target feeling to avoid feeling anything else. So soothing music ONLY is chosen, and all other music (and situations?) are avoided.

There are other examples referenced in the blog's research reports which emphasize the habit of self-medication intensifying problem emotions.

Read more about long listening periods of time for people experiencing mood disorders entitled "Mood Music Listening Habits" at https://themusic4life.com/mood-music-listening-habits.

Learning Activity 5-2

Goal: Apply U.S.E. mood playlists for prescriptive music listening.

Create a new playlist curated from your U.S.E. mood playlists (Habit 4, Activity 5) to move you into a space of intentional, prescriptive listening. This new prescriptive way of listening to music embraces what you've already learned implementing Habits #1 through #4.

Become aware of tendencies to self-medicate with music as you explore the use of prescriptive music listening which may expose repressed or suppressed emotions to be cleansed and released. This emphasizes the essential step of matching a distressed emotion which translates into listening to “U” music first. Then, you follow a prescribed mood sequence thereafter to avoid immersion in just "U" music.

You may wonder “Why would I want to listen to music that intentionally makes me upset?” It is important because of the tremendous clinical evidence working with more than 11,000 clients applying this cathartic approach. When you utilize all three U.S.E. playlists in a properly created new playlist, a distressed emotion can be cleansed and regulated, resulting in mental hygiene.

Read more about “Cathartic Strategies” at https://themusic4life.com/strategize-your-catharsis.

Investigative Activity 5-3

Goal: Learn to easily transition between mood states.

Mood Sequence Formulas™ are integral to the prescriptive music listening approach by organizing a flow of emotions with matching mood music. Your broad emotional continuum, categorized into U, S and E mood states, are satiated with the best music to ease transitions between mood states. A Mood Sequence Formula places mood music in a prescribed order to create a new playlist called a Music Medicine Pill™.

Here are four generalized steps in creating a Music Medicine Pill following a popular Mood Sequence Formula.

1. Select problematic and desired emotions from your broad emotional continuum of U.S.E. mood states.
2. Select matching mood music from these U.S.E. playlists (Habit 4, Activity 5) that creates a balanced music diet (equivalent sections of music for each U.S.E. mood state).
3. Place these mood music selections in a new playlist called your Music Medicine Pill.
4. Organize the mood music in this new playlist according to the popular Mood Sequence Formula's prescribed order of U→ S→ E.**

Listen daily to this new Music Medicine Pill for a healing catharsis, satiating and cleansing emotions. This addresses your broad emotional continuum of U, S and E moods and "exercises" them as you experience easier transitions between mood states.

If your Music Medicine Pill is not working to meet your expectations, Chronic Comfort Zones could be the problem. A trained music therapist can coach you with suggestions at musictelemedicine.com. And, check here for updates on the Key2MEE® app development to help you create your Music Medicine Pill.

*** Note that the organization of the mood music may require audio file editing to optimize the entrainment mechanism essential for your targeted catharsis. This editing process requires support from a certified music therapist who has attained advanced training with the designation of Music4Life® Music Medicine Practitioner.*

Investigative Activity 5-3 cont'd

Listening Activity 5-4

Goal: Learn about one Music Medicine Pill™ that improves Emotional Intelligence.

Learn about the benefits of implementing Music Medicine Pills. When U.S.E. playlists provide the necessary music selections to meet a group's goals, significant results can occur.

Here is one example of a Music Medicine Pill that follows a Mood Sequence Formula of U→S→E. 603 clinical participants were surveyed after experiencing this Music Medicine Pill as a one-time guided meditation. 91% reported improved mood state and 94% acknowledged enhanced Emotional Intelligence.

Listen to the diverse music and moods included in the Music Medicine Pill created for this clinical group. Please note that each music selection was modified for session time constraints and optimal mood transitions.

MUSIC LISTENING CAUTION: If you are in physical pain, such as a headache, this first section may worsen the pain which may subside as you listen to this entire playlist. The optimal experience for the first section is feeling an unsettled state, but not to an extreme condition of escalating emotional or physical pain. Should your discomfort become life-threatening, immediately stop the music. This playlist is not intended to be a substitute for professional counseling or medical care.

Listen to the Music Medicine Pill on Spotify at https://spoti.fi/3o9w5Xg

Review the benefits in the clinical survey at https://themusic4life.com/music-medicine-with-recovery/

Listening Activity 5-4 cont'd

Listening Activity 5-5

Goal: Prescriptively apply music for greater resilience developing Emotional Fluidity.

Build your music mojo U.S.E.ing Music4Life® Music Medicine to create your superpower of resiliency where your heart and mind link together for success that defies stressors. Apply your carefully crafted Music Medicine Pill™ daily for the first two weeks, then as needed thereafter, to achieve an emotional balance with greater resilience and the ability to stay in a "flow state" as you build Emotional Fluidity.

Note your daily experiences on pages 54-57.

Benefits

- Resolve unsettled moods
- Bring emotional balance being able to stay calm under stress
- Increase motivation and reengagement
- Decrease stress
- Enhance quality of life
- Improve ability to stay positive

Mood Sequence Formulas generate not only Music Medicine Pills, but also Mood Exercise Regimens™, dependent on your goals. Are you focused on job or physical fitness performance goals? Mood Sequence Formulas™ for performance goals may differ from therapeutic goals. Learn more about this personalized approach at http://themusic4life.com/wp-content/uploads/2021/11/Customized-MoodExerciseRegimen.pdf.

If you require assistance developing your Music Medicine Pill (therapeutic goals) or Mood Exercise Regimen (performances goals), please visit MusicTelemedicine.com for a consultation.

Listening Activity 5-5 cont'd

Day 1

Day 2

Day 3

Day 4

Listening Activity 5-5 cont'd

Day 5

Day 6

Day 7

Day 8

Listening Activity 5-5 cont'd

Day 9

Day 10

Day 11

Day 12

Listening Activity 5-5 cont'd

Day 13

Day 14

Final Observations about benefits

HABIT 6

ENVIRONMENT CONSCIOUSNESS

Transform this Common Practice:
I love my music so much I either want to
share it with others or use it to prevent company.

By practicing this Highly Empowered Process:
I intentionally create my environments
with music that honors myself and respects others.

Refer to your card on Environment Consciousness to understand what it is, why it's important and how to use it.

Investigative Activity 6-1

Goal: Form new insights about your future that allow you to have greater control over your environments.

Identify future themes of optimistic expectations desired in your life and cultivate when and where to match music to create those experiences, following these three easy steps.

1. Forecast a future goal with optimistic expectations.

_____

_____

2. Match optimistic lyric with happy music to your goal which will anchor and attract positive expectations within the unfoldment.

_____

_____

3. Listen to the music daily to cultivate your mindset, increase motivation to envision, and to plan the goal's manifestation in your life.

_____

_____

For example, you want to enjoy an exotic island vacation. Choose Bob Marley or Jimmy Buffet's music to listen to daily as you match your intention and planning process with choosing the island of Jamaica, investigating areas of interest, scheduling tropical time off and arranging travel details.

Investigative Activity 6-2

Goal: Improve your cognitive, emotional and mental health environment.

Observe how your environment is impacting your thoughts and emotions. Are you able to focus and concentrate easily, with minimal distraction? Consider implementing these strategies.

Strategies

- Manipulate background music (i.e. headphone volume to block external stimuli – but not too loud that affects hearing loss) to enhance focus and concentration.

- Analyze what external stimuli could be guiding unconscious motivations that drive your instinctive music listening habits impacting thoughts and feelings. What might you be avoiding or perseverating on, and name the associated mood and desired music. If it's an unsettled mood, adapt a Mood Sequence Formula to enhance your [private] mental health environment, shifting your mood positively, regularly, to experience emotional fluidity and enhanced resilience. You can do this as you are walking to an appointment, driving in the car (observing good driving habits), or while working on a project.

- Practice emotional fluidity with Mood Sequence Formulas regularly. Use private listening space to apply music like medicine because it could be good medicine for you and bad medicine for someone else.

Read more about the use of background music in “Improve Mental Health Environments” at https://themusic4life.com/improve-mental-health-environments

Investigative Activity 6-3

Goal: Enhance the environment where your physical health thrives.

Use music to support peace and well-being during hospital stays, exercise routines, and sleep. Sleep is important daily for physical health because it impacts memory, happiness, and depression. The widespread use of pharmaceutical sleep aids develops negative side effects, provoking people to search for non-pharmaceutical, less costly alternatives. Music can help you sleep using these four different approaches: shifting, conditioning, entrainment and blocking.

Four Sleep Approaches

1. Shifting. For promoting sleep, music's properties are unique in shifting mental and physical states.
2. Conditioning. For typical routines, preferred music becomes a conditioned habit.
3. Entrainment. For alpha and theta states of consciousness, music can induce relaxation and drowsiness through entrainment.
4. Blocking. For distractions, music can block stimuli, both internal and external.

Learn about one study that reports music as a sleep aid with 403 people recommending how to incorporate music into the sleep cycle.

Access music for sleep aid suggestions in "Music to Enhance Sleep" at https://themusic4life.com/music-to-enhance-sleep

Listening Activity 6-4

Goal: Advance unwavering, positive behavioral health.

Your environments change in a positive way when you express confidently what supports you behaving positively. Practice matching these core values with positive (lyric) music to flourish in an empowered way. Follow this 4-Step regimen to sustain your focus as an action warrior.

1. Reflect on moments you've been able to overcome obstacles, sometimes feeling like you wouldn't make it through, and proved yourself wrong.
2. Choose the core value that matches that moment.
3. Select "S" or "E" music that matches that core value.
4. Listen to the music daily to strengthen those core values, i.e. morning time to set the tone of the day, during the day when your confidence weakens, and/or evening time to satiate desired dreams.

Life Recovery Core Values

--adapted by Judith Pinkerton, LPMT, MT-BC
from VirtuesProject.com

Acceptance	Enthusiasm	Joyfulness	Respect
Assertiveness	Excellence	Justice	Responsibility
Accountability	Faithfulness	Kindness	Reverence
Awareness	Flexibility	Love	Self-Discipline
Caring	Forgiveness	Loyalty	Service
Cleanliness	Friendliness	Mercy	Steadfastness
Compassion	Generosity	Moderation	Surrender
Confidence	Gentleness	Modesty	Tact
Consideration	Helpfulness	Obedience	Thankfulness
Courage	Honesty	Orderliness	Tolerance
Courtesy	Honor	Patience	Trust
Creativity	Hope	Peacefulness	Trustworthiness
Detachment	Humility	Prayerfulness	Truthfulness
Determination	Idealism	Purposefulness	Willingness
Empathy	Integrity	Reliability	Unity

Examples of matching Core Values with supportive music ideas:
Obedience or Self-Discipline – "Simple Man" by Lynyrd Skynyrd or Shine Down
Gentleness – "On Guard" by Allegro Cole

Listening Activity 6-4 cont'd

Investigative Activity 6-5

Goal: Build a circle to support social health.

Create a circle of friends to share Music4Life® that reaffirms what you've learned, supporting yourself first, then family, friends - and even teams - with improved productivity, energy, peace and happiness.

Six Steps to lead circles that improve social health:

1. Start with one close friend or family member.
2. Share a song that describes you and why, and invite their comments (be okay with what is said and dive deeper to understand why that description).
3. Be the reason someone believes in good people: share music and invite music they apply as medicine. What does the other person enjoy and why?
4. Encourage music environments with private sound space because “what stops pain for you may create pain for someone else.” Access private listening spaces using soundproofed space, earbuds or headphones to avoid triggering someone else into injurious behaviors towards self or others.
5. Develop prescriptive music listening discussions to generate empathy, deliver education, and develop insights.
6. Share key differences between the profession of Music Therapy and Music4Life's Music Medicine protocol.

Learn more to boost your confidence in sharing, leading and offering observations for others to learn about Music4Life’s awesome benefits!

Check out trainings at MusicMedicineAcademy.com and expand your outreach through your circles of family, friends and teams.

Read more in “Support Music4Life Circles” at https://themusic4life.com/support-music4life-circles.

Listening Activity 6-4 cont'd

Other Helpful Tools by **TheMusic4Life.com**

Here is a list of additional trainings and resources to help you do it yourself.

MUSICMEDICINECLUB.COM

Value driven subscriptions to access podcasts and blogs by music therapists, centered on introducing music from all genres with Music Medicine Protocol insights making music work like medicine.

Click here to learn more

MUSICTELEMEDICINE.COM

Work with a music therapist for introductory coaching or Music Mapping™ sessions to create Music Medicine Pills™ or Mood Exercise Regimens™ with personal goals and music that fit your current emotional shape.

Click here to learn more

MUSICMEDICINEACADEMY.COM

Accredited courses and certification trainings support you doing it yourself for self-care or supporting clients, making music work like medicine.

Click here to learn more

Ready to take your mental health to the Next Level?

If you're ready to step up your mental health, check out “Danger Zones of Music Listening Habits” to learn how to decode your theme song and rhythms that support your emotional and physical health.

Get started at
MusicMedicineAcademy.com