active●minds

Music Shapes Your
Mental Health

Music's Impact on Well-being

Music is a universal language that not only brings people together but also has the power to shape our emotions and mental health. Understanding its effects can help us use it intentionally as a tool for self-care and community building.

The Emotional Influence of Music

Every musical note resonates at a unique frequency that affects our minds and bodies in different ways. For instance, higher frequencies are linked to heightened energy or anxiety, while lower frequencies tend to induce relaxation or sadness. Music therapy taps into this power by using singing, songwriting, or simply listening as a treatment method. It helps people cope with stress, process emotions, and create safe spaces for emotional expression. By being intentional about what we listen to and engaging in music therapy practices, we can harness the emotional and psychological benefits of music to support mental well-being.

Tune Into Wellness

Explore New Genres
Don't stick to one genre! Branch out—pop can lift your spirits, classical can ease stress, and rock can energize you.

Join Music-Based Activities
Participate in community-driven music activities like drum circles or open mics, where you can connect with others and express yourself.

Take a Break
Be mindful of how music affects you. If certain songs or genres are contributing to negative emotions, it's okay to take a break.

"My life revolved around music, but it eventually contributed to my mental health struggles. While music provided comfort, it also amplified my negative emotions. Taking a step back allowed me to appreciate music's full potential and its impact on my well-being."

– **Kolby Gupton**, Active Minds Trailblazer, 2024

Keep this in mind!

Listening to music that makes you feel good is key! But it's also okay to hit pause on songs that make you feel worse. Find music that resonates with your emotional state, uplifts you, or helps you feel seen without dragging you down.

Mobilization Activity
Music and Mood Reflection

Step 1: Create a Playlist

Create a Playlist Choose 6 songs that match different emotional states (e.g., happiness, relaxation, stress). *Pay attention to how each song makes you feel.*

1	2
3	4
5	6

Step 2: Share and Discuss

In a small group (or with a friend), share your playlist and discuss the emotions or memories connected to each song. *Reflect on how music can help (or harm) your mental health.*

Step 3: Take Action

Encourage your group to create a shared playlist that reflects positive mental health. *Use it as a tool for collective well-being, and challenge others to do the same in their communities.*

name your playlist