

# Note to Self

Using music to practice self-care, reflect on our needs, and practice self love



*Christina Wood, MA, MT-BC*

**“A brain that engages in music,  
is also changed by music”**

Dr Michael Thaut

**How Can you Explore the Intentional Use of Music?**

# Types of self care

- **Emotional**

- Processing and expressing emotions, Seeing a therapist, challenging negative thinking, writing in a journal, creating art, playing music etc.

- **Physical**

- Taking a walk during lunch breaks, sleeping eight hours a day, staying hydrated, weighted blanket, stretching, nutrition, skincare routine

- **Mental**

- Reading a book, solving a puzzle, playing chess, going to a museum, etc.

- **Practical**

- Creating a budget, taking professional development classes, organizing your closet, cleaning house, brushing teeth, household chores, keeping a clean space

- **Spiritual**

- Meditation, yoga, going to a place of worship, being in nature, dedicating time for self-reflection,.

- **Social**

- Spend time with friends, stop comparing, build support system, set boundaries

- **Professional**

- Set boundaries, know your value, continued development, work-life balance

# Note to Self - Ben Rector



oh and don't let yourself  
worry quite as much it'll  
end up fine enough it  
always has up until now  
something else you  
should think of other  
people a little more you  
should have thought of  
before cause' of  
everything you've written  
down this is the first note  
that you wrote for  
someone else note to  
self

# What is self care?

- Doing something that helps your body, mind or soul feel good
- Something you do that your future self will thank you for
- It is not selfish - it is necessary

**So how do  
you decide  
what you  
need?**

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# Flowers - Miley Cyrus

We were good, we were gold  
Kinda dream that can't be sold  
We were right 'til we weren't  
Built a home and watched it burn

Mm, I didn't wanna leave you  
I didn't wanna lie  
Started to cry, but then remembered I

**I can buy myself flowers  
Write my name in the sand  
Talk to myself for hours  
Say things you don't understand  
I can take myself dancing  
And I can hold my own hand  
Yeah, I can love me better than you can**

Can love me better  
I can love me better, baby  
Can love me better  
I can love me better, baby

Paint my nails cherry red  
Match the roses that you left  
No remorse, no regret  
I forgive every word you said

Pre Chorus / Chorus



# Brainstorming

- What types of self care do you practice?
- Do you have areas where you could be better at taking care of yourself and responding to your needs?
- Make a group list of ways that we practice self care and additional ways that we can build into our self care plan

# “That’s self-care” songwriting

## **Option 1: Songwriting with Count on Me**

Verses: If you ever find yourself ...

Problem / solution

Chorus: Things you do for yourself - “that’s self care” instead of “I’ll be there”

## **Option 2: Songwriting with Flowers**

Chorus: I can \_\_\_\_\_ (listing off your self care needs)

## **Option 3: Songwriting with Note to Self**

Highlight different types of self care in your self care plan

# Self Love

self-love is “a state of appreciation for oneself that grows from actions that support our physical, psychological, and spiritual growth”



AVERY ANNA  
**SELF LOVE**



# Self Love - Avery Anna

- Why is self love so hard?

# Self “Love Languages”

- **Physical**
  - Hot bath, soft blankets, weighted blankets, exercise, sleep
- **Words of affirmation**
  - self affirmations, I am enough, I am smart, affirmative songs
- **Quality time**
  - Alone time? Time in nature? Time spent doing favorite activities / hobbies
- **Acts of service**
  - cleaning, organizing, fixing something
- **Gifts**
  - Treating yourself to favorite stores, foods, things

# Reflection

- What self love languages did you hear in Flowers?
- What is your self love language?
- What's the relationship between self care and self love?

**LOVE MYSELF**



# Song Share: Self Love Anthems

- Song that makes you feel good about yourself
- Positive self-talk
- Helps you
  - prioritize yourself, face fears, embrace failure and mistakes, let go of toxic relationships, stop comparing yourself to others, set boundaries...

