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

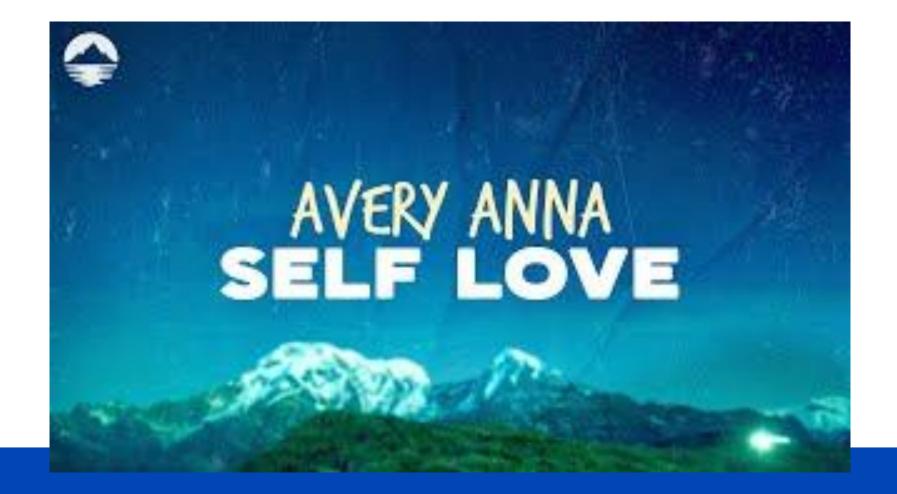
Chorus: I can _____ (listing off your self care needs)

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"



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?



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...



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