



COUNSELING CENTER

Finding Balance Through Music

Struggling to keep up with the pressures of college life? Experiencing stress, anxiety, sleepless nights, burnout, and loss of motivation? These are all shared challenges among college students. If you have lost touch with the joy of music by school's overwhelming workload and responsibilities, or missing the creative outlet music provided, then this workshop is for you. The Therapeutic Power of Music will teach you how to intentionally create balance in your life, manage stress, regain focus, and promote emotional wellbeing.

Why attend the workshop?

Learn techniques that you can immediately implement to help manage stress and improve focus. Reconnect with music by reigniting connections with music as a source of empowerment, inspiration, and emotional support. Create or maintain peer connections using lyrics to express and share meaningful music.

Signs and Symptoms addressed in the Workshop:

- Stress and Anxiety- Constantly feeling overwhelmed by academic or personal demands
- Burnout- Emotional and/or physical exhaustion from juggling school, work, and social life
- Sleep Issues- Difficulty falling asleep or staying asleep due to racing thoughts
- Loss of Passion- Missing hobbies like playing or listening to music because of the heavy workload
- Emotional Disconnection- Struggling to express or process feelings effectively

Quick coping tips/strategies learned in the Workshop:

- Building Intentional Music Playlists
 - Based on personal needs
 - Relaxation, Focus, and Processing
- Incorporating Music Daily
 - Task Pairing
 - Energizing music, Relaxing music, or Background music
- Recognition to Play or Pause
 - Play-Recenter or Refocus
 - Play- Emotional release or Self- reflection
 - Pause- If it becomes distracting
 - Pause- If it amplifies intense feelings
- Music Therapy Exercises
 - Lyric Reflection
 - Mindful Listening
 - Music Breaks
 - Music Sharing

To learn more, attend the Therapeutic Power of Music Workshop!

