

Harp Relaxation

Original Script and Musical Improvisation

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Before we begin...

During this time of pandemic and remaining at home as much as possible, anxiety and feelings of isolation may be ever present. Emotions such as sorry, loneliness, & frustration can chip away at our emotional health. The following music intervention was crafted in hopes to identify emotions and provide a means to combat the negativity and thus embrace the positive during this difficult time.

Materials needed: 1) notebook & pen or other note-taking device, 2) laptop, phone, or music listening device.

Time needed: 5-10 minutes

Steps:

- Take a few minutes to jot down how you are feeling today (be as descriptive and take as much time as you would like).
- Next, find a spot in a quiet space and make yourself comfortable (you may want to sit, or stand, or lie down – whatever is most comfortable).
- When you are ready, press play on this track: [Meditation #1](#). *This track is less than 3 minutes long, so feel free to play it more than once!*

...Music Listening...

- Once you're back from listening, on a fresh piece of paper, jot down how you're feeling now. What changes have you noticed? *Take particular note of any specific moments, prompts, images or sounds that supported those changes.*

To conclude...

Participating in guided relaxations can have a positive impact on your overall health. This intervention was designed to provide a few minutes for you to take some time to engage in self care. Self care looks different for everyone, but if this was something that worked for you, make note of that, and know that you can return to this experience at any time.

Stay health, stay safe, and be kind to yourself!