

**Reflective music listening:**  
***Reflections Guide with space for writing***



**1. Check in - *How are my mind and body right now?***

How is my mind? (Worried, calm? How is my mood?)

How is my body? (Relaxed, tense?)

How is my breathing? (Fast, slow, shallow, deep?)

What is one thing that I can do to help my body relax or be more comfortable?

## **2. Negativity - *Observing my worries and letting go***

What is one thing that is worrying / scaring / upsetting me?

What is one thing that I could do to improve the above?

## **3. Gratefulness - *What am I grateful for?***

What is one thing or one person that I am truly grateful for?

Why?

#### **4. Self-compassion - *The power in loving myself***

What are 3 things that I love about myself? (Physical or psychologically, it all counts!)

When I am feeling worried or overwhelmed, what is one act of self-care that could help me feel better?

#### **5. Check out - *How are my mind and body right now?***

How is my mind? (Worried, calm? How is my mood?)

How is my body? (Relaxed, tense?)

How is my breathing? (Fast, slow, shallow, deep?)

Did I learn something new with this activity? (It could be something about myself, about music, etc.)

Do I notice any changes in my mind and / or body since the start of this activity?



**Thank you for spending this time with me. I hope you enjoyed this reflective music listening experience, and that it allowed you to get to know yourself a little deeper - through music.**

**Inês**