

MUSIC AND OUR WELLBEING

Feel it. Play it. Share it.

How music can lift your mood, calm your mind, and connect you with the people around you.



Music is one of the simplest, most powerful ways to boost your wellbeing — free, portable, and something you already carry with you.

START HERE

WHY MUSIC MATTERS

Music runs quietly through the whole of life — the songs from our teens, the tune at a wedding, the piece that was playing when something mattered. It is one of the few things that can shift a mood in the time it takes to make a cup of tea. And it is not just a feeling: the right song activates the body's own feel-good chemicals — endorphins, dopamine and oxytocin.

What music does for us

Calms the body

Lowers stress hormones, slows the heart, and eases the experience of pain.

Lifts the mood

Releases feel-good chemicals that raise low spirits and ease anxiety.

Sparks memory

Brings back people, places and times that words alone often can't reach.

Connects us

A shared song creates belonging — in a room, a choir, or a club.

A few minutes of the right music can help you:

- Calm down and de-stress
- Lift a low or flat mood
- Reconnect with a good memory
- Feel less alone

Best of all, music works at any age. You never have to be "musical" to feel the benefit — you only have to listen.

CHECK IN

THE SAME SONG, DIFFERENT DAYS

The same song can lift you one day and pull you down the next. That's normal. What helps is simply noticing how a piece of music leaves you feeling — and choosing what you need in the moment.

When music helps

- It lifts, calms, or energises you
- It helps you feel understood — even a sad song can be a comfort
- It brings back a warm memory
- It gives you a moment of release

When to change it up

- A song keeps you stuck in anger or sadness
- It drags up something painful you'd rather not sit in
- Listening on repeat is making you feel worse, not better
- Then it's completely fine to switch to something kinder

Does this song make me feel better — or is it time for a change?

If a song brings up something heavy

Music can stir powerful feelings and memories — including grief and loss. That's a sign of how much it matters, but it can catch us off guard.

If you're finding things hard, please reach out — that's one of the bravest things you can do for your wellbeing. **Visit alwf.org.au/support for support options, or call Lifeline: 13 11 14.**

TAKE ACTION

WAYS TO BRING MORE MUSIC IN

There's no wrong way to enjoy music. Pick whatever fits you — it's a #wellbeingbooster you already have on hand. What's one you could try today?

LISTEN

Build a few playlists — one to lift you, one to settle you, one full of good memories.

SING

Join a community choir, or sing in the car or kitchen. Singing adds deep, calming breathing — no talent required.

PLAY

It's never too late to learn. The ukulele and keyboard are kind to beginners.

MOVE

Dance in the lounge room, go to a social dance, or simply tap your feet at an event.

SHARE

Swap playlists, or start a "song that means something" chat with friends or at your club.

REMEMBER

Put on music from a special time and let the memories come back.

You don't have to be musical to be moved by music. You only have to press play.

MAKE IT YOURS

MY MUSIC, MY WAY

Take a moment to fill these in, and keep them somewhere handy for the next time you need a lift.

A song that instantly lifts me

e.g. the one you can't help singing along to

A song that calms me down

e.g. something slow for the end of the day

Music tied to a happy memory

e.g. your wedding song, a holiday favourite

Something I'd like to learn (or pick up again)

e.g. the ukulele, singing in a group

Someone I'll share music with

e.g. a friend, a grandchild, a club mate

When I'll make time to really listen

e.g. with a cuppa each morning

Come back to this whenever you need it. Music is a wellbeing booster you can reach for any time — and it's always worth it.

Adapted with thanks from Tune In Not Out — a project of the Australian Lions Wellbeing Foundation — and Carmen Cheong-Clinch, Tune Your Mood.



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