



DISCOVERING THE POWER OF

MUSIC & ART

IN STRESS MANAGEMENT

Did you know that...

1

Students who listen to music as a means of relaxation experience present a decrease in their stress levels (Linneman et al., 2015) and are better prepared to deal with a stressful episode (de La Torre-Luque et al., 2017)?

2

As same as music, arts can also help student to deal with stress? Since creative process helps to manage emotions and anxiety since it creates a new focus point, allowing the mind to be free from stressful thoughts (Martin et al., 2018)?

BENEFITS OF USING MUSIC & ART



Reduce levels of stress

Improves self-esteem



Regulate emotions

Regain focus

