



[Stress management goal](#)

Listening to music helps you in many ways to deal with stress. The soothing sounds of music channels emotions in your body that helps you relieve the stress and block it out. The sounds of music has a huge effect on the mind and the body. Studies have shown that the slow and classical music calms people down. This is a technique I use in a daily life. It's a relaxing method that gets your mind right. The physiological benefits from this strategy is it helps you with you release stress and it puts you in a better mind state. Some things I find challenging is being in a comfortable environment to where i can do my work and not get distracted while listening to music to calm me. I would recommend for anybody who likes music a lot. It's a calming place for people to close everyone off and be happy and focus on what they want.