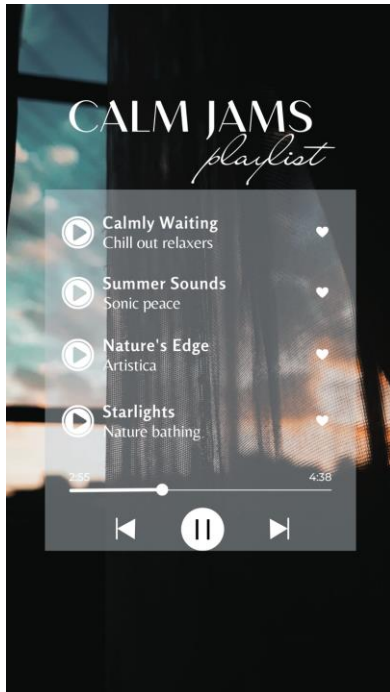




VOLLEYBALLBC

MOOD MUSIC PLAYLIST ACTIVITY CARD



Music is a powerful mood regulator. On the energizing side, high beats per minute music can activate athletes and enhance important stress hormones and brain activity that adds to focus, blood flow, and performance readiness. Music can also relax us and provide relief from anxiety – this effect is enhanced further when combined with time to breathe deeply, or to meditate or practice mindfulness (being present in the moment).

Coaches, parents, sport leaders and athletes can encourage the use of music to assist in creating a calmer state.

Education on what types of music are best for altering “states” can be integrated into the daily performance or competition environments or they can be used specifically to help enhance relaxation in a stressful environment in and out of sport.

Creating a music playlist can be done by program participants, leaders, or sport families. It can also be a fun exercise that a team of Mental Health Ambassadors can do and disseminate digitally or in-person at events.

Teaching Points

- ✓ Music helps regulate stress by reducing cortisol levels
- ✓ Music is an ideal stimuli as it reaches parts of the brain that are difficult to reach
- ✓ Music enhances the brain’s secretion of dopamine and natural opioids. These are naturally occurring chemicals that help block the perception of fatigue and physical/emotional pain.
- ✓ Music can enhance mood and increase confidence

MY MUSIC PLAYLIST

- 1.
- 2.
- 3.

- 4.
- 5.
- 6.

- 7.
- 8.
- 9.