

Assess the Effects of Music on Reducing your Writing Anxiety

What type of music relaxes your mind and body? List your favorite relaxation music in part 1 of this exercise. If you are not sure what music is most relaxing to you, go to the library and explore the music collection. On the next page you will find some suggested musical selections.

For part 2 of this exercise, sit in a comfortable, quiet place where you won't be interrupted, and listen to your favorite selections for approximately 20 minutes. As you are listening breathe slowly and regularly from your lower lungs. Jot down any thoughts, feelings or visual imagery that comes to your mind. Note if you are focused and –clear-minded or if your mind is racing and jumping from topic to topic. Note any creative ideas that come to mind note if feel calm and relaxed and whether you are comfortable expressing yourself on paper.

In Part 3 of this exercise, reflect on this experience and what you learned. Record how music affects your writing. Did some of the selections increase your writing fluency or make a noticeable difference in how you felt when you wrote?

Assess the effects of music on reducing your Writing Anxiety (continued)

How Music Affects My Writing

Part 1: My favorite relaxation music

- 1.
- 2.
- 3.
- 4.
- 5.

Part 2: Thoughts, feelings and visual imagery I'm experiencing while listening to my favorite relaxation music

Part 3: Reflection – The effects of music on my writing

Here are some musical selections that other students have found helpful:
Bach, Overtures No. 1, 2, and 3. Beethoven, "Symphony No. 6 'Pastoral'"
Debussy, "Clair de lune". Dvorak, "Serenade in D Minor, Opus 44"
Haydn, "Oboe Concerto" and "Quartet in D". Kitaro, "Sozo" and "Koi"
Lynch, "Deep Breakfast" and "Kathleen's Song". Mozart, "Concerto No. 23 in A Major"
Ravel, "La Valse". Strauss, "Metamorphosen"
Vollenwider, "Quiet observer" and "Water Moon"