Non-Drug Pain Relief:  
Relaxation with Music or Sounds

Relaxation is resting to lower tension. One way to relax is to listen to music or nature sounds. This method does not replace your pain medicine. It works with your pain medicine to help you have better pain relief.

How Music Helps

Listening to music or sounds can help reduce the stress that can cause muscle tension. Music can also distract you from thinking about the pain. Listening to music or sounds may not lower your pain, but it can help relax tense muscles that may add to the pain.

Note: Do not use this method if the music or sounds increase your anxiety. For example, listening to sounds of the ocean may not be relaxing for someone who is afraid of water.

Supplies

- Relaxing music (CD, digital music or radio)
- Headphones
- A room that is comfortable and private

Directions

1. Find a quiet room where you can get into a comfortable position to relax. Close your eyes.
2. Do not fold your arms or cross your legs. This may cut off circulation and cause numbness and tingling.
3. Breathe in deeply. Let out your breath like you are whistling. Do this 3 times. This will help you to relax.
4. Think of a calm, peaceful setting or a place you have enjoyed visiting that will help you relax.

5. Think only of what you are listening to. If possible, use headphones to help you focus.

6. Try this method of relaxation at least 20 minutes a day. It is best to try a relaxation method before your pain becomes severe, or while you are waiting for your pain medicine to work.

7. If you are keeping a Pain Management Log, write down the method of relaxation and how it worked for you.