

# **Practical self-help for stress and anxiety - relaxing music, etc.**

**Post by “Kalosyni” of October 28, 2023 at 12:20 PM**

In over the last two days have been feeling some anxiety. Have some brief downtime and then it occurred to me to try listen to some soothing music. Found this and it seemed really helpful (pentatonic music scale):

<https://m.youtube.com/watch?v=cPBoqIQeH38>