

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>

Post by “Godfrey” of October 28, 2023 at 4:37 PM

Another extremely relaxing activity is watching Bob Ross painting videos on YouTube. 😊

Post by “Eoghan Gardiner” of October 28, 2023 at 5:15 PM

I made a list of things I do each day and for me being outside and just chilling helps a lot with stress and anxiety. It is very true the less pain we have the more pleasure. It's experiential. Thanks for sharing music gonna listen to it to relax before bed.

Post by “Kalosyni” of October 29, 2023 at 2:10 PM

In post one above, I used the word "anxiety", but the word "stress" was actually more appropriate. Now that the situation has passed, I feel better - so it was definitely stress (and high cortisol levels).

This is a good comparison:

Quote

Stress and anxiety go together so often that the two terms are used interchangeably, but there are differences between the two. Stress is a normal bodily response cued by the brain and nervous system, and usually is triggered by an event or situation. Anxiety is a psychological condition that can develop when the stress response occurs too often, lasts too long, and is disproportionate to the situation.

([Source link](#))