

# Web Letter



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## Music Can Play an Instrumental Role in Gambling Addiction Recovery

**The role of music can have varying positive effects on individuals ranging from a series of diverse medical conditions, including recovery from addiction.** In 2022, upon accepting multiple Grammy Awards, including for Record of the Year for “Freedom”, Jon Batiste explained, “The creative arts are subjective, and they reach people at a point in their lives when they need it most. It’s like a song or an album is made, and it almost has a radar to find the person when they need it the most.”

Have you ever had a moment that you heard or sang a song that felt as though it was written for you? Have you ever listened to a song that made you cry because the words touched your soul? Research has found that music can play an instrumental role in the recovery from addiction and other health conditions. **In addition to combating depression, anxiety and anger, music can lower blood pressure, stabilize heart rate, improve mood, manage pain, and foster self-discovery, memory retention, brain function, and a sense of calm** <sup>[1, 2, 3]</sup>. It can further help individuals to convey feelings that are otherwise difficult to verbalize.

While music varies and all of us may beat to a different drum, when it comes to music that calms the mind, the research is showing that 60 beats per minute is the best tempo to create a relaxed and conscious mind. **You can even try to pick up an instrument and use it to express how you feel, even if to yourself—to let the anger out, and the joy and comfort in.** Just be attentive that as music can shift your mood, if you’re feeling angry or distressed, you can opt for a different music selection to help you feel more at ease.<sup>[1]</sup> **And, like the 888-ADMIT-IT HelpLine, music is available 24/7 and free! In addition to listening to music via streaming, such as on Pandora, iHeart and Spotify, there are a vast number of stations that you can choose from that work best for you. Moreover, here in Florida, you can find free concerts offered by local and professional musicians to help your mind escape outside noise and interruptions.**

Music therapy is a proven science and while it is used to help people recover from addiction, it is something you can do at your leisure while at home or at work. Just keep a journal handy that you can jot down your thoughts and feelings upon listening to different tunes or melodies, so you are attentive to what might work best for you at varying times.

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Music is also something you can enjoy with others, and attending free concerts in local parks, at the beach or elsewhere, can also be an activity you and your loved ones can enjoy. **Social Wellness Month occurs during July so being with others and nurturing relationships with people you trust and who are supportive of your recovery from gambling addiction is a great foundation.** To check out music events nearest you, just go online or check your local newspaper for listings. You can also visit one of the following websites to see if there are any concerts in your area:



Free Beach Concerts in Florida | VISIT FLORIDA



Live Music Venues in Florida | VISIT FLORIDA

Finally, while it is true that some people benefit from professional therapy, and others find strength and solace in their relationships or by attending self-help programs, for others, music provides the much-needed comfort. **And, regardless of your outlet preference, by contacting Your One Sure Thing in Florida, 888-ADMIT-IT by phone, text, email, chat, via the 888-ADMIT-IT mobile app or on social media. You can get started on your recovery today!**

#### References:

1. WebMD (2021). *How Music Affects Mental Health. Retrieved How Music Can Help Reduce Stress and Ease Anxiety and Depression (webmd.com)*
2. Alyssa (2021). *Benefits of Music Therapy for Addiction Recovery. Behavioral Health of the Palm Beaches. Retrieved Benefits of Music Therapy for Addiction Recovery - West Palm Beach Treatment Centers | Alcohol and Drugs | BHOPB (bhpalmbeach.com)*
3. *New Method Wellness. Benefits of Music Therapy for Addiction. Retrieved New Method of Wellness website.*

To learn about problem gambling, to review FCCG blogs and web letters, and to heal one day at a time, visit [gamblinghelp.org](http://gamblinghelp.org). Contact FCCG's confidential and multilingual 24/7 Problem Gambling HelpLine by phone, Phone: 888-ADMIT-IT  
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