



## **Music Therapy**

### **WHAT IS MUSIC THERAPY?**

Music is used to help you cope during your treatment. Music therapy can help you feel better physically and psychologically. You will feel more like visiting with others.

Listening to music is used as a relaxation technique for cancer patients. Listening to music will

- help you cope with problems
- increase your relaxation
- soothe your mind and body
- decrease your anxiety
- decrease your pain
- decrease your nausea and vomiting
- work as a distraction
- help you rest

### **HOW CAN I USE MUSIC THERAPY?**

You need a tape player with headphones and cassette tapes. Choose the tapes you want or have someone choose tapes for you. Once you know how to use the tape player, listen to the music by yourself. It helps to listen to music while you are receiving treatments. You can listen to music anytime you want.

If you would like to try music therapy, tell your nurse.

### **Notes:**