

How Music Promotes Emotional Regulation for All Ages

After recent events worldwide, which sent many communities into a state of uncertainty and chaos, more people are looking to emotional regulation strategies as a way of maintaining order in their own lives. As a result, many people understand the importance of regular emotional regulation practice for their overall health and well-being.

Emotional Regulation (ER) is a skill that determines how individuals experience and express emotions. As with any skill, knowing how to regulate emotions takes practice and consistency. Learning that a person can't control what goes on outside of

themselves further demands the ability to regulate emotions intentionally to create a sense of control inside, no matter what is happening outside.

There are many ways people engage in emotionally regulating activities daily:

- Physical activity
- Being in nature
- Meditation
- Better sleep habits
- Regular, meaningful connection with others
- Music

Benefits of Emotional Regulation

ER is essential to being able to navigate any emotion that arises. Those who practice emotional regulation tend to cope better with life's stressors and are more resilient, making ER a predictor for less depressive and anxiety disorders.

Adults with strong emotional regulation skills can serve as an emotional anchor for their family members.

When parents can reliably navigate their emotions, it sets a powerful example for those around them to do the same.

In turn, kids who can regulate their emotions tend to be more flexible in their thinking and have better focus, impulse control, and problem-solving skills. These kids would then become adults who confidently navigate emotions without rising to them



A dysregulated adult cannot help emotionally regulate a child.

- Dr. Bruce D Perry

or collapsing under their daily pressure. The impact on society as a whole would be tremendous.

Positive emotional regulation can have a domino effect, benefitting so many people in its path. Those who have it can share it with others, increasing confidence, emotional well-being, and overall happiness.

There are many tangible benefits of working towards achieving higher levels of emotional regulation:

More Creativity – The creative portion of the brain is only accessed when emotions are regulated.

More Productivity – Without the weight of stress or anxiety weighing down on a person, it's easier to free up time and mental space to focus on critical and meaningful tasks.

Better Sleep – Anyone who has ever laid awake at night ruminating on anxious or stressful thoughts knows how difficult it is to function the next day. Emotional regulation helps the brain categorize all those thoughts, allowing a person to relax more quickly and reach a state of rejuvenating sleep much faster.

Less Impulsivity – The ability to think before acting comes only when a person isn't swept away by big emotions.

Music Affects Emotions

Using music to regulate emotions is a strategy that has been used for decades. Different genres and music can elicit various emotional responses. While each of us might respond differently to country, jazz, hip-hop, or rap, some studies show specific kinds of music have a predictable effect on people. It is essential to understand how music can affect emotions and which type to turn to for the emotional regulation purposes they desire.

Studies have shown that all music affects our moods. "In studies, music majors have been shown to be emotionally healthier than their nonmusician counterparts, feeling more confident in test-taking situations and reporting fewer emotional concerns and alcohol-related problems.

Armed with the knowledge of the importance of ER, especially in uncertain times, Alex Doman, founder of Advanced Brain Technologies, said:

"With COVID-19, people are experiencing an unprecedented amount of fear, stress, and uncertainty. Now is the time to get back to basics, practice self-care, and find calm amidst the chaos.

The Listening Program is a helpful tool for brain wellness. In just 15 minutes a day, you can put on a pair of headphones, press play on your smartphone, listen to our scientifically-proven streaming music protocols, and reset your nervous system.

The Listening Program can move adults, teens, and children away from just surviving to thrive, helping them reset, get perspective, find peace, and take back control of their lives."

Simply listening to music makes college students happier, according to a study conducted recently in Sweeden. In the study, college students ages twenty to thirty-one were randomly beeped several times each day over a period of two weeks and were asked if they were listening to music and how it made them feel. It was discovered that thirty-seven percent of the time, the students were listening to music when they were beeped. Those who were engaged with listening were "more likely to be experiencing feelings of happiness or elation," while those not listening claimed to be experiencing "anger, irritation, anxiety, fear, boredom, or indifference." – [Healing at the Speed of Sound](#).

Music Affects Emotions

The Listening Program uses classical and world music to promote stress reduction, which allows for better emotional regulation.

TLP has a rapid and profound effect on people of all ages who want to improve their emotional regulation ability. It is an effective solution to systematically shift the brain from the sympathetic fight or flight response to the parasympathetic rest and recovery response, leading to the system's overall calm & alert state.

TLP enables a body relaxed/mind alert state with music emphasizing low-frequency sounds; this is the frequency range that is typically grounding. Research shows this frequency zone connects with the body, calming auditory sensitivities, improving sensory processing, enhancing movement, reducing stress and anxious feelings to develop a sense of safety and well-being, leading to better emotional regulation.

The Listening Program reduces mental, emotional, and physical stress, allowing people of all ages to enjoy a sense of peace and regulation.

Read more here: [Beyond Music: The Science Behind The Listening Program.](#)

One dad, whose son benefits from the listening program, explained it this way:

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The emotional brain or the limbic system is hyper-alert when a person is in pain or under stress, causing a lack of self-regulation due to an extended amount of time spent in “fight or flight” response. The prefrontal cortex or logical part of the brain is only accessed when a person is calm, which the music enables them to maintain more often. That relaxed state allows for more logical and mindful reactions to any emotions, allowing for improved self-regulation.

– Shawn Blymiller

[\[The Pure Living Family Podcast\]](#)



The Listening Program and Therapy

Many professionals have seen the benefits of adding TLP into the services already provided to their clients. TLP can serve as a way to boost benefits and quicken the progress people receive.

In this [blog](#), written by Kavita Kaul, M.S., AuD, CCC-SLP/A, who uses TLP in her practice with clients, explains, “The rich stimulation of TLP opens the

pathways to the brain, connects to the limbic system, and decreases emotional reactivity. I have seen significant changes in my patient population, including those with deficits in auditory function, emotional regulation, academic weaknesses, memory issues, speech and language weaknesses, dyslexia, sensory sensitivities, and more.”

Self Regulation for All Ages

Young or old, people of all ages and abilities can improve their self-regulating abilities through The Listening Program. Rebecca, for example, was eight years old when she started TLP.

Before beginning TLP, her mom reported that self-regulation skills were always tricky. “Rebecca would attempt to make decisions asking for help, then argue with the helper. She could not tolerate being given a “no” response and would perseverate on the topic, resist resolution, and whine.”

When she started TLP, her parents and therapists documented her changes in this Case Study as she progressed through the program:

Weeks 1-4:

good mood on awakening
on her non-listening days, she was sassy and whiny (poor self-regulation)

Weeks 5-8:

Rebecca could now take “no” for an answer by week seven

Weeks 13-16:

Rebecca’s behavior was better overall than before she began listening to TLP, but not as good as the first eight weeks
Rebecca no longer cries after school
no longer perseverates

No matter the age or ability, one thing is for sure, music impacts emotions. The Listening Program was specifically designed with this in mind. Through the use of acoustic modifications, TLP music can gently train your brain. It strengthens neurological pathways to improve your ability to learn, communicate, and process information. Doing so allows a person to access the higher, non-emotional portions of the brain to regulate emotions more often.

When stress, fear, and anxiety are often present, it’s essential to know how to mindfully navigate the emotions each will inevitably encounter daily. TLP is a proven tool to support that self-regulation process, helping anyone respond to any sentiment in a way they can be proud of.



About Wendy

As Content Manager with Advanced Brain Technologies, I help provide educational resources for people to understand how TLP can benefit people in different ways.

With a Masters’s Degree in Special Education, I learned early in my career that there’s a deeper root to almost any difficulty in life. Being able to show people how music can help their brains function better, to achieve goals like better sleep, less stress, better communication, or healing, is very rewarding for me. Helping people feel hope for the change that can take place through TLP is my passion.

Before ABT, I worked as a special education teacher, a supervisor of an Early Intervention Program, and created my own business coaching parents of kids with challenging behavior. I served as a Project Manager for ABT in 2021, which helped me understand the needs of our clients and the life-changing benefits of our programs on a much deeper level.

In my spare time, I enjoy being outside hiking, biking, seeing every waterfall possible, doing yoga, or spending time with people I love.



Jane Shook, M.S., CCC, SLP

Jane is the Clinical Director and Owner of the Center for Therapeutic Strategies located in Dallas, Texas. Her therapeutic model addresses a variety of communication conditions, sensory processing, and executive function issues.

Over her 40-year career, Jane Shook has developed a myriad of unique cross-disciplinary treatments that combine the best approaches of speech therapy, occupational therapy, and physical therapy that improve communication, executive function, and social awareness to manifest.

Jane's home and practice are in Dallas, but she consults with families and professionals around the world. She is regarded as a top expert in the field and is a highly sought-after speaker.

"A wise teacher makes learning fun, even if it is hard work."
– Jane Shook

Jane Shook, M.S.CCC, SLP, D.PSc, has been a speech pathologist in private practice serving both children and adults for the past thirty years in the Dallas area.

She served for five years as founding member, secretary and president of S.I. Challenge, Inc., a not-for-profit agency serving families with sensory processing dysfunction.