



SOUND RELIEF

Build the playlists that carry you through pain and grief.

The big idea: Music measurably **reduces pain and pain-medication needs** — even under general anesthesia (Cepeda, 2013; Hole, 2015). Self-selected, personally meaningful music works best.

KEY TAKEAWAY

For grief, don't start with uplifting music. Find the song that matches the weight of what you feel, let it hold you — then build the ISO arc slowly upward.

A A Pain & Healing Playlist

Build a playlist of music with real personal weight — the mechanism runs on meaning, not generic calm.

- Build a playlist of personally meaningful music — songs tied to people and moments that matter.
- For physical pain or a procedure: bring headphones and keep them on before, during, and after if possible.
- For emotional pain: resist forcing happy music. Use the ISO arc — meet the grief, then rise slowly.
- Keep it built. Grief and pain recur: don't construct it in your worst moment.

#	SONG (PERSONAL MEANING)	WHAT IT HOLDS / WHERE I'LL USE IT
1		
2		
3		
4		
5		
6		





B The Container Playlist (for grief)

Sequence a playlist that meets the weight of grief first, then walks it gently upward.

The song that matches the weight of what I feel (the anchor):

The next 2–3 songs that begin to rise:

For someone I love who's suffering — what I'll ask them:

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Think about a time someone sang to you, or you sang to someone else. What did the singing carry that words alone couldn't hold?

