

Create the soundtrack of your life



A workbook to help you tell the
story of your life through music



The power of music

This booklet is for everyone

We all have our own life story formed by important moments, people and places.



Music is neurologically special because it stimulates many parts of the brain at once. This means that even if parts of the brain are damaged, music can still reach other parts.

Listening to music that is personal to you can help calm an anxious mind, bring cheer when you're feeling low and can even make time pass quicker.

Have you ever heard a piece of music and been taken back to a particular moment in your life? Or listened to the radio and heard a song that reminds you of a special person?

These tunes have a personal emotion or memory attached. Together they form the soundtrack of your life.

Playlist for Life is a music and dementia charity. Years of scientific research has shown that listening to a personal playlist can make living with dementia easier and happier.

Find our advice for how music can help dementia at the end of this booklet. For more information visit www.playlistforlife.org.uk or contact us on 0141 404 0683.

In this workbook we'll take you through the stages of building a personalised playlist for yourself or a loved one.

Read on to get started on your very own soundtrack...

In the beginning

Songs that remind you of where you are from.
The famous local band. The tune that's always played at parties. Sports team anthems.
Traditional dancing.

Where we're born, where our family comes from and where we grew up all have a great impact on our personal identity. There are songs that make you feel instantly connected to people from the same place as you and pieces of music that can transport you back to a time and place instantly.

Are there any songs that remind you of where you're from, or a special place for you?



Song:
I belong to
Glasgow
Will Fyffe

“

I was born in Glasgow and this song always reminds me of my parents and childhood.

Catherine

Music
memory



Fill in your songs and memories below – use just one of the boxes or fill in all of them. You can skip ahead to the next section and come back to this part later if you like.

Song: *I belong to Glasgow sung by Will Fyffe*
Memory: *My home city and my parents*

Song:

Memory:

Song:

Memory:

Song:

Memory:

Your childhood

Lullabies. Nursery rhymes. Your favourite song from the school choir. The tune your dad whistled. Skipping songs. Religious music. Sports songs. Girl Guide campfire tunes.

There are songs from our childhood that will stay with us forever. Music surrounds us from birth and even our earliest memories will have music attached to them.



Music
memory

Song:
We'll Meet Again
Vera Lynn

“

I was 12 years old when the war started, so I remember listening to this song with my family.

Mary

Are there any songs that remind you of your childhood?

Fill in your songs and memories below.

Song: *We'll Meet Again by Vera Lynn*
Memory: *Listening with my family*

Song:

Memory:

Song:

Memory:

Song:

Memory:

Your memory bump

It's a scientific fact that we create more memories between the ages of 10 and 30 than at any other time in our lives. This is known as the 'memory bump'.

Searching for musical memories from this period is likely to recover more results, although you'll have strong memories from other times in your life too.

Work out your memory bump

Birth year: + 10 = Start:

Birth year: + 30 = End:

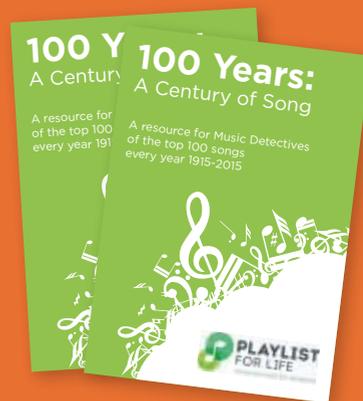
Why not pick a few years from your memory bump and look them up in the '100 Years Book'?



Top resource

100 Years Book

We've shared the top 100 songs for each year, from 1915-2015, for free at www.playlistforlife.org.uk/the-100-years-book or purchase a copy by phoning 0141 404 0683.



Fill in your songs and memories below.

Song: *In the Mood* by Glenn Miller

Memory: *My dancing days*

Song:

Memory:

Song:

Memory:

Song:

Memory:

Special memories

Weddings. Family holidays.
Big birthdays. The birth
of a child. First concerts.
Graduations. Party nights.

Celebrations, life milestones
and special events often have
music attached to them –
maybe it's a song from the
first concert you went to or the
tune that always got you up
on the dance floor at a party.

What music reminds you of a
special event or fun times?



Music
memory



Song:
Amazed
Lonestar



My husband Malcolm
sings this to me. This is
our wedding song
Carol

Fill in your songs and memories below.

Song: *Amazed by Lonestar*
Memory: *Our wedding day*

Song:

Memory:

Song:

Memory:

Song:

Memory:

Songs that make you sing along



Your karaoke track.
A catchy advert jingle.
Your favourite car
tunes. TV themes.

We all have songs that get our toes tapping and make us want to sing along. These songs are a great addition to the soundtrack to your life.

Which songs make you want to sing or dance?

BBC Music Memories

The BBC Music Memories website has a wide selection of music which can help you build the soundtrack of your life. Find this tool at <http://musicmemories.bbcrewind.co.uk>

Top
resource



Fill in your songs and memories below.

Song: *Super Trouper*

Memory: *Family caravan holidays in Spain*

Song:

Memory:

Song:

Memory:

Song:

Memory:

Important people

Family favourites. Songs your parents used to sing. Tunes shared between friends. Music that reminds you of someone special.

Music is an amazing way to connect with those we love. Why not try this fun activity to connect with someone through music?

Think of an important person in your life and follow these steps:

- 1 Is there a song that reminds you of them? Why does that song remind you of them?
- 2 Text, message or email the person to organise a telephone or video call. Ask them to think of a song that reminds them of you.
- 3 Have your call and play or sing the song to them. Share your memory of them and that tune. Do they remember it too? What tune did they choose? What is their memory?



Music
memory



Song:
**The Air
I Breathe**
The Hollies



When we started dating, Ian used to play this song to me down the phone. It was very romantic.
Lynda

Fill in your songs and memories below.

Song: *The Air I Breathe by The Hollies*
Memory: *First dates with Ian*

Song:

Memory:

Song:

Memory:

Song:

Memory:

Making the most of your music

Here are five top tips on how and when to listen to your soundtrack to harness the neurological power of personal music.

The following top tips can be useful to all of us, not just someone living with dementia.

1

Listening together

Listening together, in person or over the phone, is one of the best parts of having your own personal soundtrack. Why not share your music memories with a friend or loved one?



2

Respite

On a bad day, use the playlist as a chance to take a breather. Put on the music and take 30 minutes for yourself.



3

Listen half an hour before a difficult task

Research shows that listening to your playlist for half an hour before a difficult task can make the task easier.



4

Keep it with you on the go

If you're able to leave your home and own a MP3 player, remember to take your playlist with you. Then you can listen whenever and wherever you need it. Don't forget to keep your listening device charged up!

5

Connecting with others

Talking about the songs on your playlist is a great way to break the ice when conversation might be difficult.



Connecting
people
through
music



Playlist
for Life



www.playlistforlife.org.uk

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