

# Soothe vaccination anxiety with a dose of music



Vaccinations can cause anxiety, especially for those with an impairment, disability or condition such as dementia. Music has been shown to significantly lower stress levels before, during and after vaccinations.

If you or a family member is worried about vaccination, taking music you can listen to with you could help. Learn more about how music can help people with dementia at [musicfordementia.org.uk/doseofmusic](https://musicfordementia.org.uk/doseofmusic).

