

In a world swarmed by endless social media feeds, videos, and instant streaming, it's easy to find ourselves mindlessly skipping through songs, never really savoring music the way we used to. If you've caught yourself scrolling on your phone during playlists or jumping ahead in tracks before they've properly begun, you're not alone. But the good news is: you can gently reframe your approach and make music a meaningful, enjoyable **activity** again.

The Problem: Music as Background Noise or a Scroll Accompaniment

Our modern entertainment is often rapid-fire. Social media beckons with constant updates. Videos captivate for fleeting moments. Streaming platforms offer endless pools of tracks, playlists, and algorithms urging immediate gratification. When music lives in this noisy world, it becomes easy to treat it as mere background—the “soundtrack” while we do other things.

That, unfortunately, trains us to skip songs or only half-listen, taking music less as an art to experience, and more as a filler between pings and taps. To reclaim the joy of music, intentionality is our first step.

Intentional Entertainment Over Scrolling

One habit I recommend is simply separating your music time from your social media time. <https://blessingswow.com/small-joys-that-make-a-quiet-weekend-feel-more-restorative/> This means no scrolling or checking feeds when you're listening to music, which lets you focus purely on the sound and mood.

- **Create a phone-free zone:** When you start your listening session, set your phone aside, or better yet, put it on “Do Not Disturb.”
- **Turn off notifications:** Avoid audio or visual distractions that break your connection with the music.
- **Use a dedicated device or speaker when possible:** Instead of scrolling on your phone, play music on a speaker or separate media player.

By doing this, you're treating music as a deliberate act, not just background accompaniment to your online browsing.

Return to Small Hobbies Without Pressure

Music can feel daunting if you expect yourself to “get lost” or discover new favorite albums right away. Instead, approach it like a small hobby you're casually returning to.



- Pick one album you used to love or are curious about.
- Set no expectations beyond “just listen.” There’s no rush or pressure to analyze every lyric or instrumentation.
- Allow yourself to skip a song or pause if you truly need to, but try to commit to listening without immediately jumping forward.
- Maybe journal a few thoughts or feelings after your listening session—this can deepen your experience without making it stressful.

This gradual, pressure-free return respects your pace and makes music feel like a refreshing break, not another task.

Embrace Slow, Phone-Light Mornings

Morning routines are pivotal for setting tone. When we wake up and immediately reach for a phone and scroll through feeds, we carry that scattered energy into the day. Instead, try incorporating music as your morning companion before screen time takes over.

1. Wake and sit quietly with a cup of coffee or tea.
2. Play a full album or a meaningful playlist with your phone on airplane mode or placed across the room.
3. Focus fully on the music’s rhythm and mood, letting it gently awaken your senses.
4. Set a timer or reminder for when it’s time to start your screen day, so you don’t feel you have to rush.

My personal rule is a 30-minute no-phone period in the morning paired with playing an entire album start-to-finish. It’s a ritual that re-centers and turns music into a slow, mindful activity instead of just background noise.

Simple Food Rituals Paired with Music

Another group of small moments perfect for intentional music listening is food preparation and rituals around meals.

- Choose one album or playlist before you start cooking.
- Use the process of chopping, stirring, or setting the table as your way to interact with the music physically.
- Avoid screens during these moments—no scrolling or watching videos while cooking.

The pace of cooking combined with music can create a soothing rhythm in your home. Many people find that pairing music with tactile or habitual tasks enhances their appreciation and prevents the urge to skip or multitask.

Advice Summary: How to Enjoy Music Again

Step Action Why It Works
1 Set phone boundaries: No scrolling while listening Reduces distractions and brings full attention to music
2 Listen to one album start-to-finish Restores appreciation for complete works and flow
3 Return to music as a small, pressure-free hobby Removes stress and makes listening playful
4 Start slow, phone-light mornings with music Sets calm tone for the day and builds ritual
5 Pair music with simple food rituals Combines sensory tasks and auditory pleasure

Final Thoughts: Rediscovering Music as an Enjoyable Activity

Enjoying music again means reclaiming it from the whirl of distractions and constant scrolling digital feeds. By consciously deciding to **listen to music as an activity** instead of background noise, you cultivate a richer, slower experience. Skipping songs less becomes a natural byproduct of this deeper attention and care.



Remember, the aim isn't perfection or an all-or-nothing commitment. A few moments of undistracted listening, paired with slow mornings or simple home rituals, can gradually change your relationship with music. Before long, you'll find yourself savoring tunes again instead of skipping through them.