

**Appendix 1: Playlist****Calming Classical Mix**

Title	Artist	Album
Clair de Lune, L. 32	Claude Debussy, Martin Jones	Debussy: Clair De Lune and Other Piano Favourites
Hymn	Karl Jenkins	Karl Jenkins: Piano
Bag End	Howard Shore	The lord of the Rings: the fellowship of the ring – the complete recordings
Variations on an original Theme, Op. 36 “Enigma”: 9. Nimrod Adagio	Edward Elgar	Elgar
The Lamb	John Tavener, 12 Ensemble	Tavener: The Lamb
Variations on the Kanon	George Winston	December
Kinderszenen, Op. 15: No. 1, Von fremden Ländern und Menschen	Robert Schumann, Vladimir Horowitz	Schumann: Kinderszenen; Abaresque; Fantasie; Träumerei
Three Romances for violin and piano, Op. 22: I. Andante molto	Clara Schumann, Esther Abrami, Iyad Sughayer	Three romances for Violin and Piano, Op. 22 I. Andante molto
Ave Maria	Johann Sebastian Bach, Charles Gounod, Kian Soltani, Aaron Pilsan	J.S. Bach, Gounod: Ave Maria
Fracture	Stephan Moccio	Tales of Solace
The Lord Bless you and Keep You	John Rutter, The Cambridge Singers	The Ultimate Collection
Lyric Pieces, Book 9, Op. 68: Badnalat (Cradle Song)	Edvard Grieg, Einar Steen-Nøkleberg	Grieg: Lyric Pieces, Books 8-10, Opp. 65, 68 and 71
Still	Ola Gjeilo	Night
Very Old Friends	Howard Shore	The lord of the Rings: the fellowship of the ring – the complete recordings
Dawn – From “Pride & Prejudice” Soundtrack	Jean-Yves Thivaudet	Pride and Prujdice OST
In the Bleak Midwinter (Arr. Gjeilo)	Gustav Holst, Voces8	Winter
Tomorrow’s Song	Oðlafur Arnalds, Lavinia Meijer	The Glass Effect
Thanksgiving	George Winston	December
Lullaby (Guten Abend, gut’ Nacht)	Johannes Brahm, Fabian Müller	Lullaby (Guten Abend, gut’ Nacht)

Concertino bianco: 1. Con intenerimento	Georgs Pelēcis, Johannes Fritzsich, Tamara Anna Cislowska	Into Silence
Carnival of the Animal: Aquarium	Camille Saint Saëns, Isata Kanneh-Mason, Kona Kanneh-Mason	Saint-Saëns: Carnival of the Animals: Aquarium
Ave Maria (Arr. Vikingur Ólafsson) – Upright piano	Sigvaldi Kaldalòns, Vikingur Ólafsson	Kaldalòns: Ave Maria
My Father’s Favourite	Patrick Doyle, Tony Hymas, Robert Ziegler	Sense & Sensibility – original motion picture soundtrack
Nuch loved	Rachel portman	Ask the river
The Shire	Howard Shore	The lord of the Rings: the fellowship of the ring – the complete recordings
Robin’s Cello	Phoria	Caught a Black Rabbit
Ave Maris Stell	Edvard Grieg, Gabrieli, Paul McCreesh	An evening of classical: grieg
The hours: an unwelcome friend (from “the hours”)	Philip Glass, Nicolas Horvath	Philip Glass: Glasssworlds, Vol. 4 – on love
Music for growing flower – Pt. 4	Erland Cooper	Music for growing flowers
Joy	George Winston	December
Elizabethan Masque	Frederico Bayco, Pro arte orchestra, George Weldone	British Composers: Best of british
Anne’s Theme	Hagood Hardy	All my best
Kinderszenen, Op. 15: 1. Von fremden Ländern und Menschen	Robert Schumann, Martha Argerich	Schumann: Kinderszenen; Kreisleriana
Days of Beauty	Ola Gjeilo, The choir of royal Holloway, 12 Ensemble	Winter Songs
Frost	Gabriel Ólafsson	Frost
...And at the hour of death	Vikingur Ólafsson	Bach Reworks (Pt. 1)
The passing of the Elves	Howard Shore	The lord of the Rings: the fellowship of the ring – the complete recordings
Carnival of the Animals: the swan	Camille Saint Saëns, Isata Kanneh-Mason, Kona Kanneh-Mason	Saint-Saëns: Carnival of the Animals: The Swan
And so the story began	Jef Martens	Evenings on Instagram, Pt. I
Nimrod from enigma variations	Edward Elgar, Royal Philharmonic Orchestra, Philip Ellis	Last night of the proms
Romantic flight	John Powell	How to train your dragon (Music from the motion picture)

L'Arlésienne Suite No. 2: Menuet	Georges Bizet, Orchestre Symphonique de Montréal, Charles Dutoit	Bizet: Carmen Suits 1 & 2; L'Arlesienne Suites 1 & 2
The arts and the Hours	Jean-Philippe Rameau, Vikingur Ólafsson	Rameau, Ólafsson: The arts and the hours
Merry Christmas Mr. Lawrence	Jess Gillm, Oschar Holch, Rowena Calvert, Sma Becker	Merry Christmas Mr. Lawrence
Pachelbel's Canon in D	Pat Richardson	Pachelbel's Canon in D
Northern Lights	Ola Gjeilo, Voces8	Ola Gjeilo
Ashokan Farewell	Jay Ungar, Nashville Cahamber Orchestra, Paul Gambill	Harvest Home
Rivendell	Howard Shore	The lord of the Rings: the fellowship of the ring – the complete recordings
5 Anniversaries: No. 5 For Susanna Kyle	Leonard Bernstein, Warren Lee	Touches & Traces
Greensleeves	David Nevue	Sweet Dreams & Starlight