Music and Mindfulness for Self-Care

Presented by Fleur Hughes (MMT, MTA, NMT, MT-BC)

20 February 2019
Introduction.
What is Wellbeing:
  • Why is self care important?
What is mindfulness?
Mindfulness of breath:
  • Being present.
  • Body awareness.
Research around mindfulness and music.
Receptive techniques in music:
  • Create a mindful playlist.
  • Music and Mandalas.
  • Imagery and Music.
  • Mindful Apps.
Conclusion.
Questions.
References.
Introduction
What is Wellbeing?

- **Intellectual:** Recognizing creative abilities and finding ways to expand knowledge and skills.
- **Career:** Creating personal satisfaction and enrichment from one’s work.
- **Financial:** Feeling satisfied with current and future financial situations.
- **Physical:** Recognizing the need for physical activity, healthy foods, and sleep.
- **Environmental:** Occupying pleasant, stimulating environments that support wellbeing.
- **Social:** Developing a sense of connection, belonging, and a well-developed support system.
- **Emotional:** Coping effectively with life and creating satisfying relationships.
- **Purpose:** Expanding a sense of purpose and meaning in life.
Why is selfcare important?
Mindfulness is the state of being fully present.

You don’t dwell on the past or anticipate the future…… you live in the present moment.

You observe your thoughts & feelings without judging them.
Features of Mindfulness

You are NOT your thoughts.
You are NOT your emotions.

Be kind to yourself! Don’t judge yourself because of a certain thought or feeling.

Listen! Give your full attention to the person you are interacting with
Body awareness
Listening to music engages subcortical and cortical areas of the brain (Yinger & Gooding, 2014).

Another study demonstrated that the anterior medial frontal cortex, superior temporal sulcus, and temporal poles are engaged (Lin et al., 2011).

In music listening, the individual’s preference for music type also affects the brain regions that are activated. (Blood & Zatorre, 2001).

Another study conducted in 2005 explored cancer patients’ preference for music therapy, and whether they preferred passive or active music activities. (Burns, Sledge, Fuller, Daggy, & Monahan, 2005).
Receptive techniques in Music

Music's effect on the brain

1. Music influences perception of effort and makes us forget we're tired

2. Listening to music releases dopamine in the brain

3. Improves sleep and relaxation

4. Creates a feeling of well-being and positive emotions

5. Background music stimulates creativity
Mindful Playlist

* Choose compositions that are: 1) A slow, steady tempo or beat 2) A smooth melody 3) Consonant harmony
* Choose music that you find relaxing.
* Experiment with different types of music classical, world, instrumental etc.
* Use 10--15 minutes of music that brings about a state of calm.
* Suggestions:
  * Canon   Pachelbel
  * Air on a G String   Bach
  * Gymnopédie #1   Satie
  * Long Long Journey   Enya
Music and Mandalas
Music and Imagery
Mindful Apps

* Hummly
* Calm
* Waking up
* Insight timer
* Headspace
* Mindbody
* Aura
Conclusion

- Mindfulness is easy, it fits into a wide range of contexts.
- Mindfulness can improve the mental, emotional, social, and physical health.
- It has been shown to reduce stress, anxiety, reactivity and improve sleep and bring about greater calmness.
- Music affects the brain and our body processes.
- An effective self-care routine can lead to reducing burn-out and increasing physical and emotional wellbeing.
- The time you invest in yourself allows you to meet the needs of the people you work with...

"An empty lantern provides no light. Self-care is the fuel that allows your light to shine brightly."

-Unknown

www.paintedteacup.com
Questions
References

* https://chopra.com/articles/guided-meditations
* https://www.destressmonday.org/let-body-talk/ (self care )
* https://www.michigancancer.org/bcccp/WiseWomanProgram/PDFs/SuccessStories/GuidedImageryScript.pdf
* https://www.mindful.org/meditation/mindfulness-getting-started
* https://mindfulminutes.com/music-for-meditation-playlists/
* https://positivepsychologyprogram.com/interactive-guided-imagery-therapy/
* https://www.pnas.org/content/pnas/98/20/11818.full.pdf
* https://www.youtube.com/watch?v=TJ6Mzvh3XCc (Arvo Part) Breathing