

Music and Mindfulness for Self-Care

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Introduction



What is Wellbeing?



Why is selfcare important?



What is mindfulness?

- * 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.

Being Present...

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

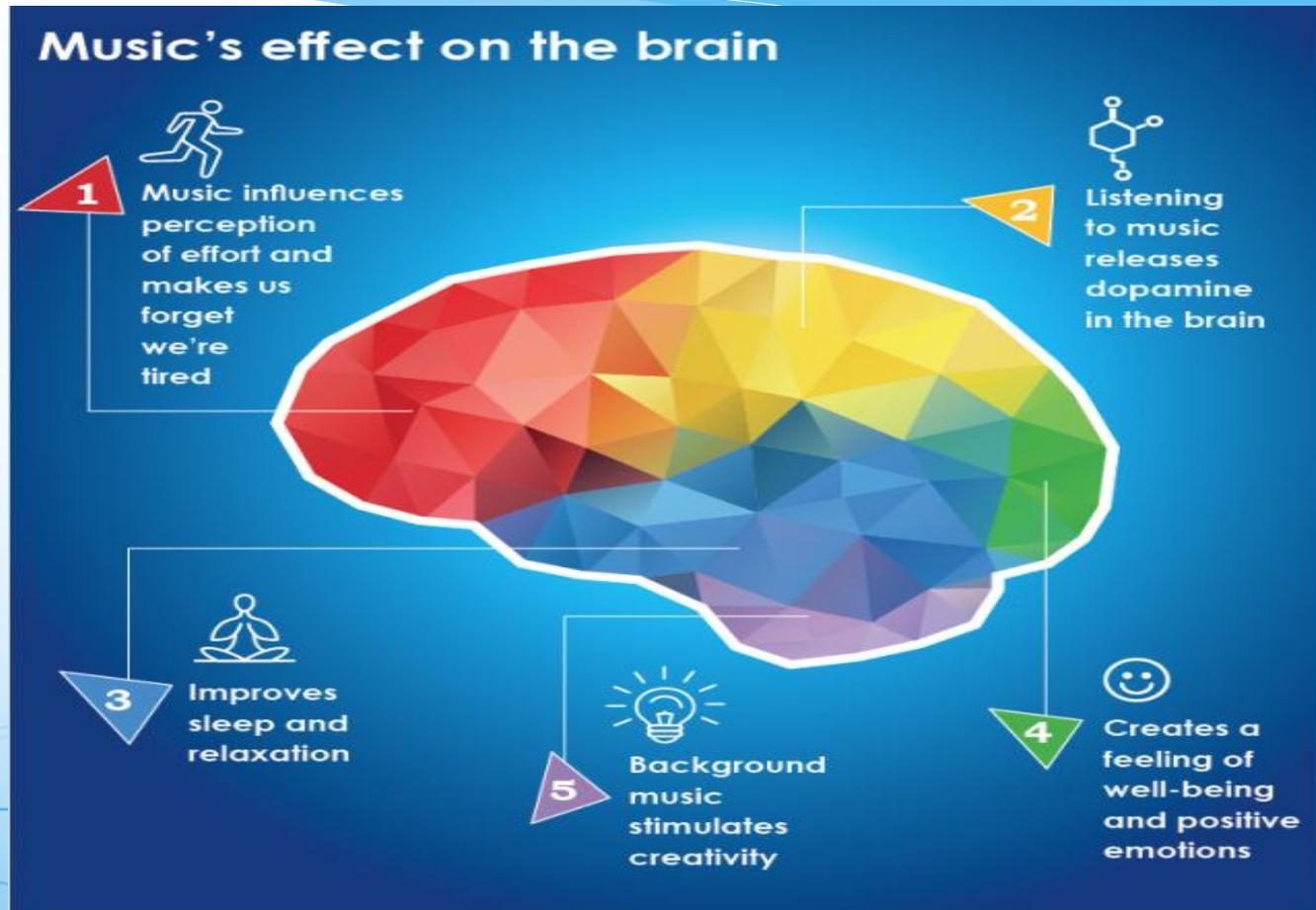
Body awareness



Research

- ❖ 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).

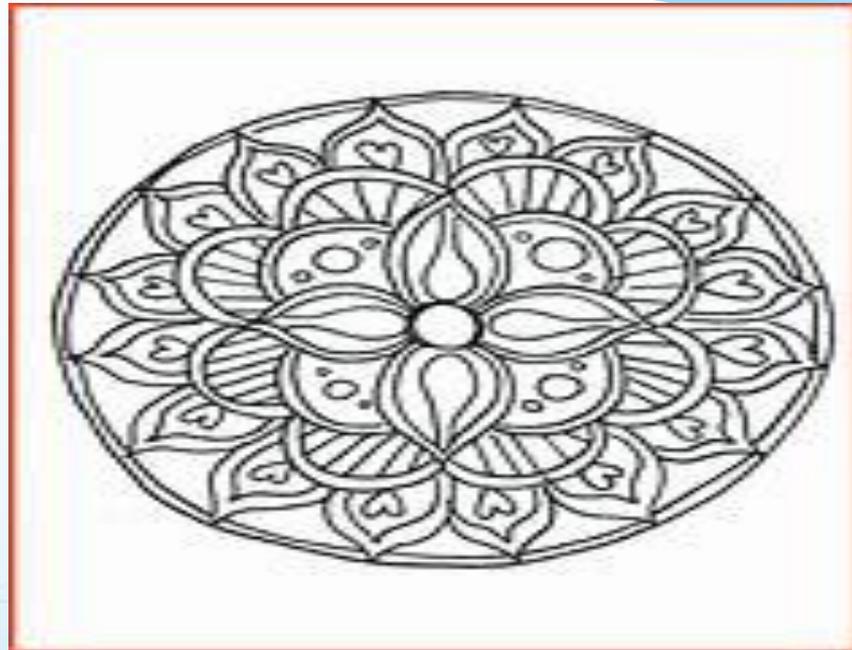
Receptive techniques in Music



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

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

-Unknown

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- ❖ Mindfulness for 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...

Questions



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