



Music and Wellness

What is it?

Music is everywhere in our lives. It is present in celebrations, our homes, and the community. What we may not realize is the impact this music can have on our mental and physical states. Using various techniques, we can harness the power of music to improve our daily quality of life through things such as decreased stress, empowered self, improved mood, and an enhanced sense of community.

Sample Techniques

- Music-assisted relaxation
- Intentional listening
- Music assisted art
- Drumming
- Songwriting
- Improvisation
- Mood vectoring
- Music and movement
- Singing
- Music facilitated reminiscence
- Music legacy gifts

Sample Health Benefits

- Decreased heart rate
- Decreased blood pressure
- Decreased respiration rate
- Improved mood
- Increased release of endorphins
- Decreased stress
- Decreased tension
- Enhanced immune system
- Decreased perception of pain
- Decreased feelings of isolation
- Enhanced sense of purpose/esteem

Format: Available for Well Elders, Caregivers, and/or Health Care Workers

Music and wellness groups are offered through Living Spirit Therapy Services in 60 or 90-minute sessions in a single session, 4-week, 8-week, or ongoing series.

Well elders often desire ways to stay independent and continue to learn new things. A music and wellness program is an efficient way to combine this desire for education and music while improving overall health and building a stronger sense of community.

Caregivers and health care workers are routinely dealing with physically and emotionally challenging situations. Based on the premise that you cannot take care of others if you do not take care of yourselves, music and wellness groups provide the tools to prevent compassion fatigue and/or burnout.

For more information, contact: