

Managing Stress Through Music

Securian Financial Noontime Seminar

Jennifer Hicks, MT-BC, RYT

Joyful Noises LLC



Today we will

- * Discuss the short and long term effects of stress on our bodies, minds, emotions and behaviors
- * Review ways to manage stress
- * Learn about the research-based physiological and emotional effects of music
- * Share and experience musical tools for managing stress



*My Goal

*To be intentional (mindful) about the ways we use music to manage stress in our lives



Stress

- *What is stress?
- *What are the short term effects of stress?
 - *Physical
 - *Cognitive
 - *Emotional
 - *Behavioral
- *What are the long term effects of stress?



- * <http://www.mayoclinic.org/healthy-lifestyle/stress-management/basics/stress-basics/hlv-20049495>
- * http://www.webmd.com/balance/stress-management/stress-symptoms-effects_of-stress-on-the-body?print=true#

Managing Stress

- * What are your stress triggers?
- * How do these triggers affect you?
- * What can you do to manage these triggers?
 - * Support system
 - * Lifestyle
 - * Diet
 - * Exercise
 - * Sleep
 - * Relaxation techniques
 - * Deep breathing
 - * Mindfulness
 - * Meditation
 - * Massage
 - * Yoga
 - * Tai chi
 - * MUSIC



Physiological Effects of Music

- * Research suggests that music
 - * Reduces levels of stress-related hormones
 - * Decreases blood pressure, heart rates, respiratory rate & muscle tension when listening to slower tempos
 - * Decreases & synchronizes heart rates of individuals singing together
 - * Reduces insomnia, perceived pain levels and the intensity, frequency & duration of headaches
 - * Improves our immune system and digestion
 - * Elicits similar physical responses regardless of culture



- * <http://www.emedexpert.com/tips/music.shtml>
- * <http://www.scientificamerican.com/podcast/episode/music-s-physiological-effects-transcend-culture/?print=true>
- * <http://www.spring.org.uk/2013/09/10-magical-effects-music-has-on-the-mind.php>
- * <http://naturalhygiesociety.org/articles/fielder2.html>
- * <http://www.npr.org/sections/health-shots/2013/07/09/200390454/when-choirs-sing-many-hearts-beat-as-one>
- * http://www.classicalmpr.org/story/2015/08/18/health-benefits-of-singing--and-listening-to-singing?WT.mc_id=672c53f03c7183d013c90334fb026fac
- * http://daniellevitin.com/levitinlab/articles/2013-TICS_1180.pdf

Emotional Effects of Music

- * Research suggests that music
 - * Improves our alertness, concentration & productivity
 - * Increases our energy when listening to faster tempos and relaxes and calms us when listening to slower tempos
 - * Decreases anxiety and other negative mood states
 - * Elicits a greater emotional response when we are engaged with the music rather than simply listening
 - * Results in increased feelings of overall satisfaction, connection and group cohesiveness
 - * Inspires both positive and negative emotions, affecting not only our mood but also how we perceive those around us



- * <http://www.unr.edu/counseling/virtual-relaxation-room/releasing-stress-through-the-power-of-music>
- * <http://www.emedexpert.com/tips/music.shtml>
- * <http://www.spring.org.uk/2013/09/10-magical-effects-music-has-on-the-mind.php>
- * <http://naturalhygievesocietv.org/articles/fielder2.html>
- * http://www.classicalmpr.org/story/2015/08/18/health-benefits-of-singing--and-listening-to-singing?WT.mc_id=672c53f03c7183d013c90334fb026fac
- * http://daniellevitin.com/levitinlab/articles/2013-TICS_1180.pdf

Music Therapy

* Music therapy is the clinical and evidence-based use of music interventions to accomplish individualized goals within a therapeutic relationship by a credentialed professional who has completed an approved music therapy program.

* <http://www.musictherapy.org/about/quotes/?print=y>



Managing Stress Through Music

*Musical Preferences

(What is calming or energizing for YOU?)

*Drumming

*Guided Relaxation



Questions? Thank you!

Jennifer Hicks, MT-BC, RYT

Joyful Noises LLC

www.JoyfulNoisesLLC.com

jhicks@JoyfulNoisesLLC.com

@JoyfulNoisesLLC on



Resources

- * <http://www.mayoclinic.org/healthy-lifestyle/stress-management/basics/stress-basics/hlv-20049495>
- * http://www.webmd.com/balance/stress-management/stress-symptoms-effects_of-stress-on-the-body?print=true#
- * <http://www.musictherapy.org/about/quotes/?print=y>
- * <http://www.emedexpert.com/tips/music.shtml>
- * <http://www.scientificamerican.com/podcast/episode/music-s-physiological-effects-transcend-culture/?print=true>
- * <http://www.spring.org.uk/2013/09/10-magical-effects-music-has-on-the-mind.php>
- * <http://naturalhygievesociety.org/articles/fielder2.html>
- * <http://www.npr.org/sections/health-shots/2013/07/09/200390454/when-choirs-sing-many-hearts-beat-as-one>
- * http://www.classicalmpr.org/story/2015/08/18/health-benefits-of-singing--and-listening-to-singing?WT.mc_id=672c53f03c7183d013c90334fb026fac
- * <http://www.unr.edu/counseling/virtual-relaxation-room/releasing-stress-through-the-power-of-music>
- * http://daniellevitin.com/levitinlab/articles/2013-TICS_1180.pdf

