

# 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

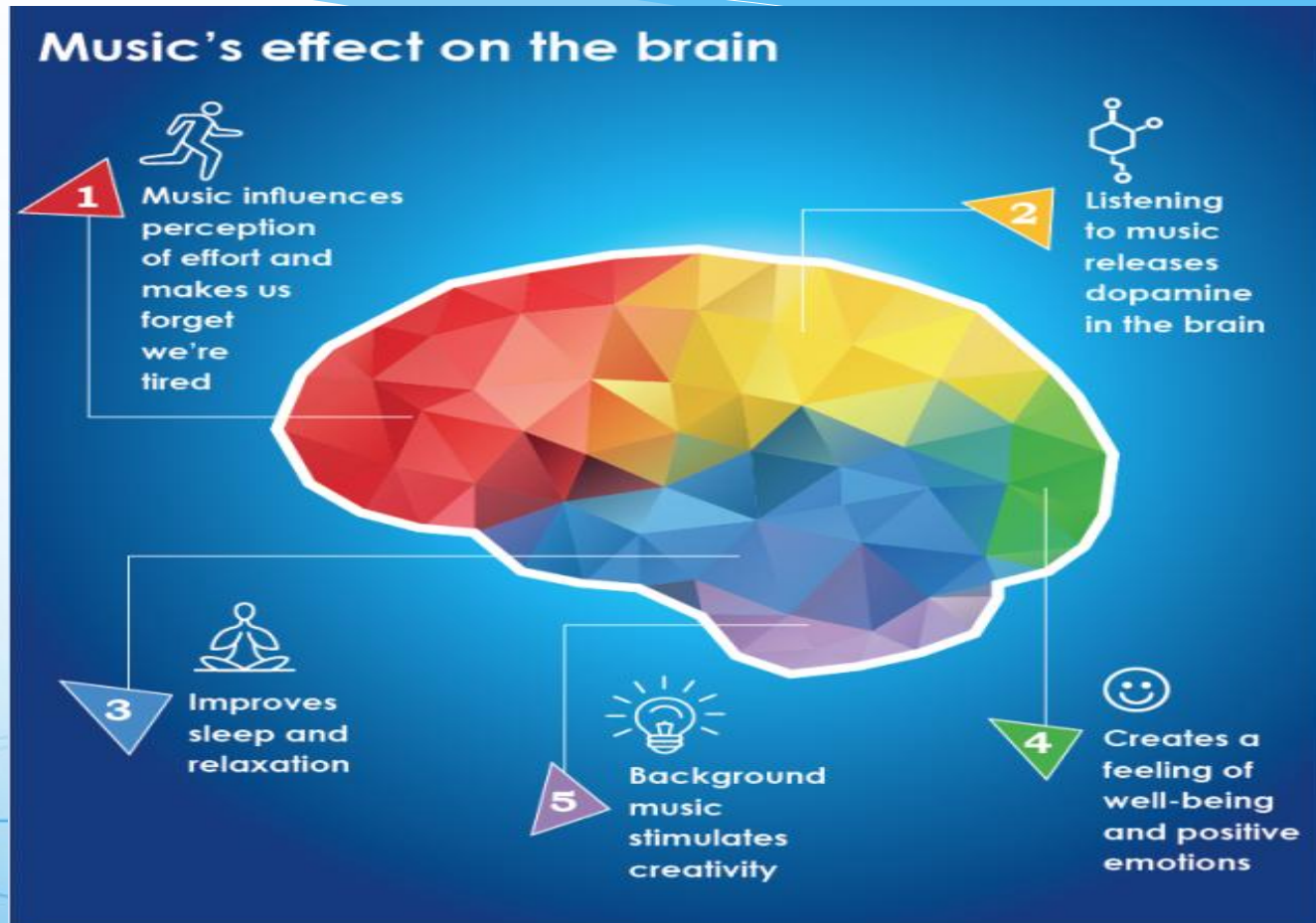




# Research

- ❖ 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



# References

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- \* <https://www.destressmonday.org/let-body-talk/> (self care )
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- \* <https://positivepsychologyprogram.com/interactive-guided-imagery-therapy/>
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