

Music and Wellness:
Music in Physical,
Cognitive, Emotional,
and Spiritual-
Religious Health

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Agenda

Music and Culture

Functions of Music

Wellness and Health

Music and Wellness

Components of Music and Wellness

How to Choose Music for Wellness

Experiential



Music and Culture

Music and Culture

- a. Music is sound which is not considered noise or speech
- b. Music is part of every human culture, although its functions may vary
- c. Music is not biologically necessary for survival, but plays a relevant role in all world cultures
- d. Musical sound is usually considered pleasant by its listeners
- e. Music is usually attributed to be aesthetic (i.e., art, beauty)





Functions of Music

Functions of Music (Merriam, 1986)

Social Integration

Emotional Expression

Aesthetic Enjoyment

Validation of Religious Rituals

Elicit Physical Response

Communication

Entertainment





Health and Wellness

Health and Wellness

Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity (WHO, 2023).

Wellness is an active process of growth and change to reach your fullest health and well-being. (WHO, 2023).

The primary **difference** between health and wellness is that **health** is the **goal** and **wellness** is the active **process** of achieving it. You truly cannot have health without first achieving wellness (WHO, 2023).





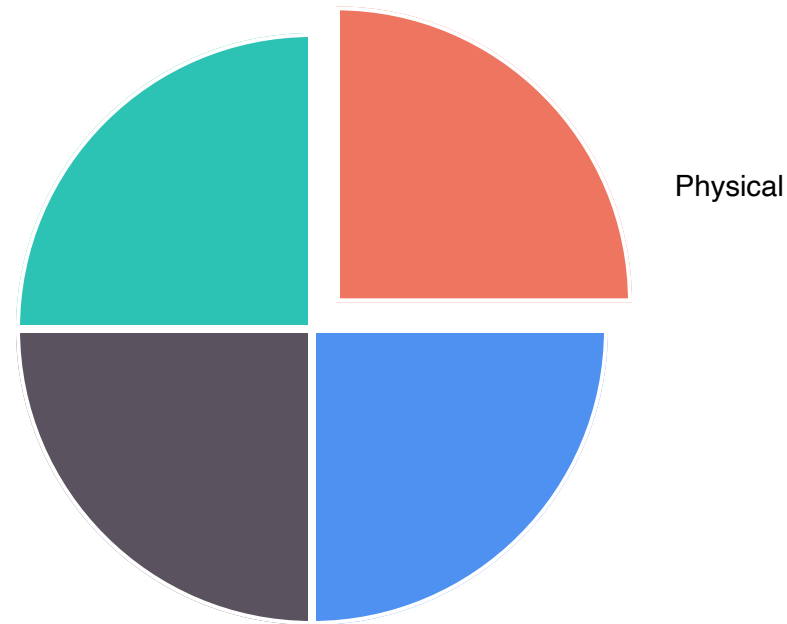
Components of Music and Wellness

Components of Music and Wellness



• Physical • Cognitive • Emotional • Spiritual-Religious

Music and Wellness: Physical



● Physical ● Cognitive ● Emotional ● Spiritual-Religious

Physical Responses

Audio-Analgesic

Anxiolytic

Sedative

Stimulative

Audio-Distractor: Gate Theory

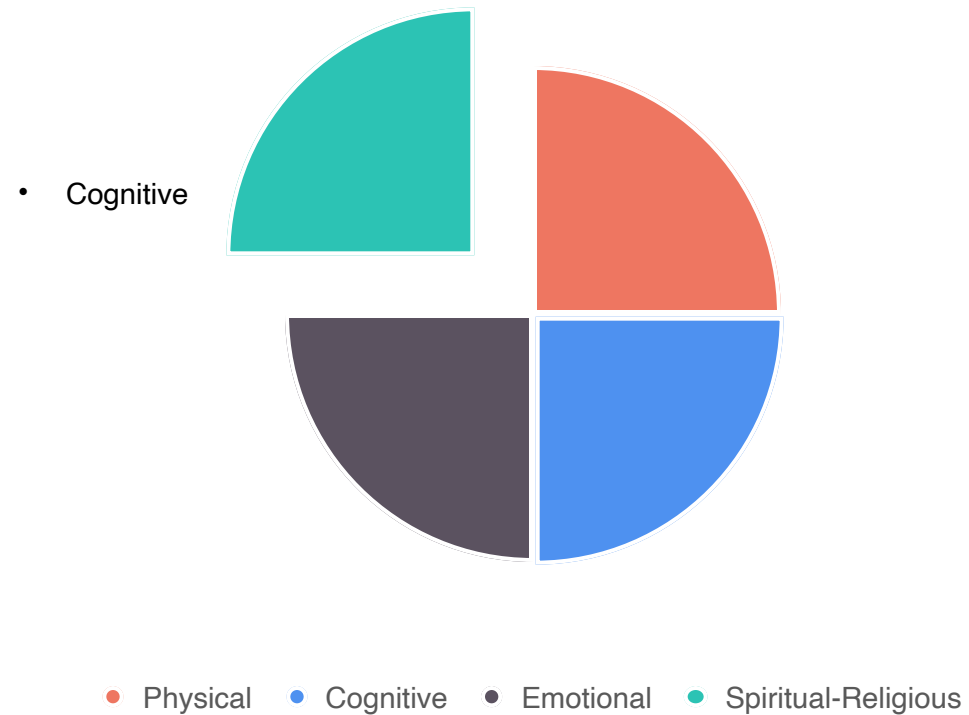
Entrainment: Gait Control

Stress Hormones

<https://youtu.be/uDjQ7IKmH3s>



Music and Wellness: Cognition



Cognition

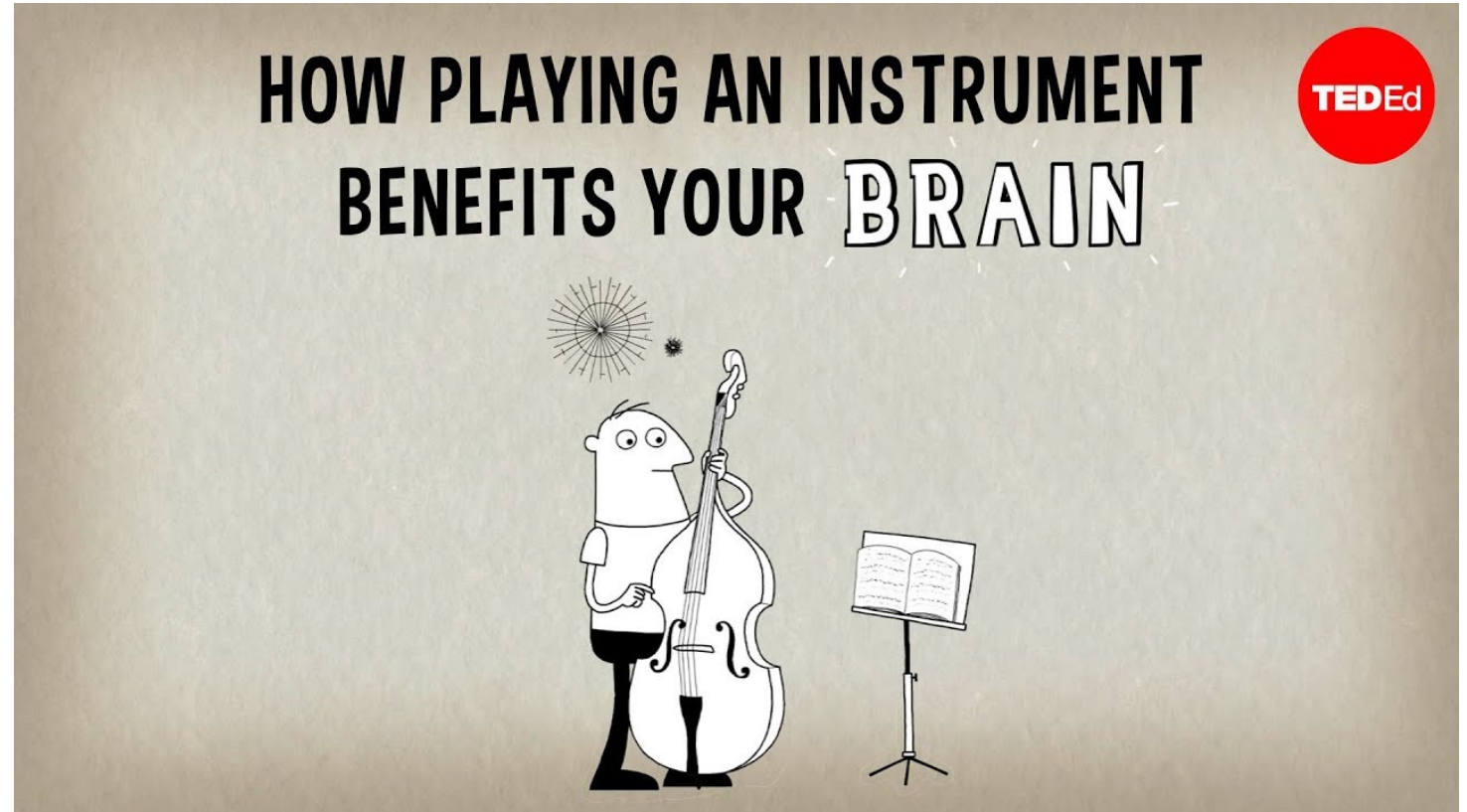
Neurotransmitters

Corpus Callosum

Memory

Interhemispheric Communication

Different States of Consciousness

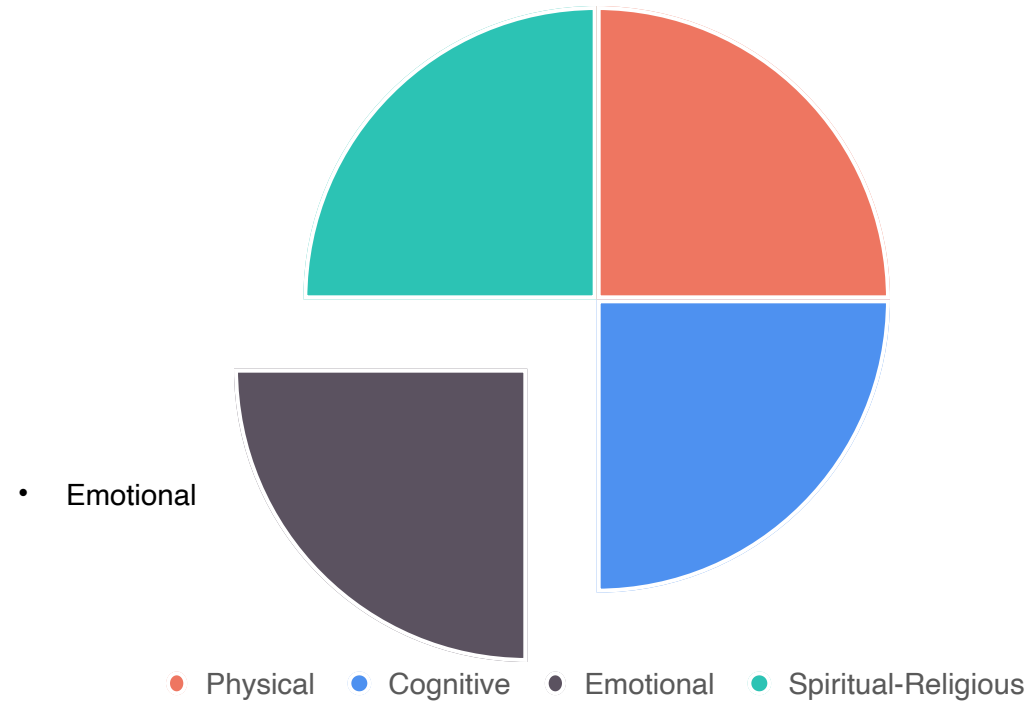


<https://www.youtube.com/watch?v=R0JKCYZ8hng&t=9s>

Music and Wellness: Cognition & Emotion



Music and Wellness: Emotion



Emotion

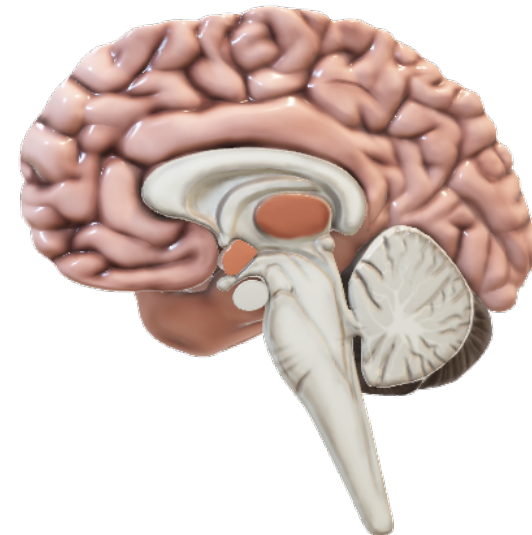
Limbic system

Social Integration

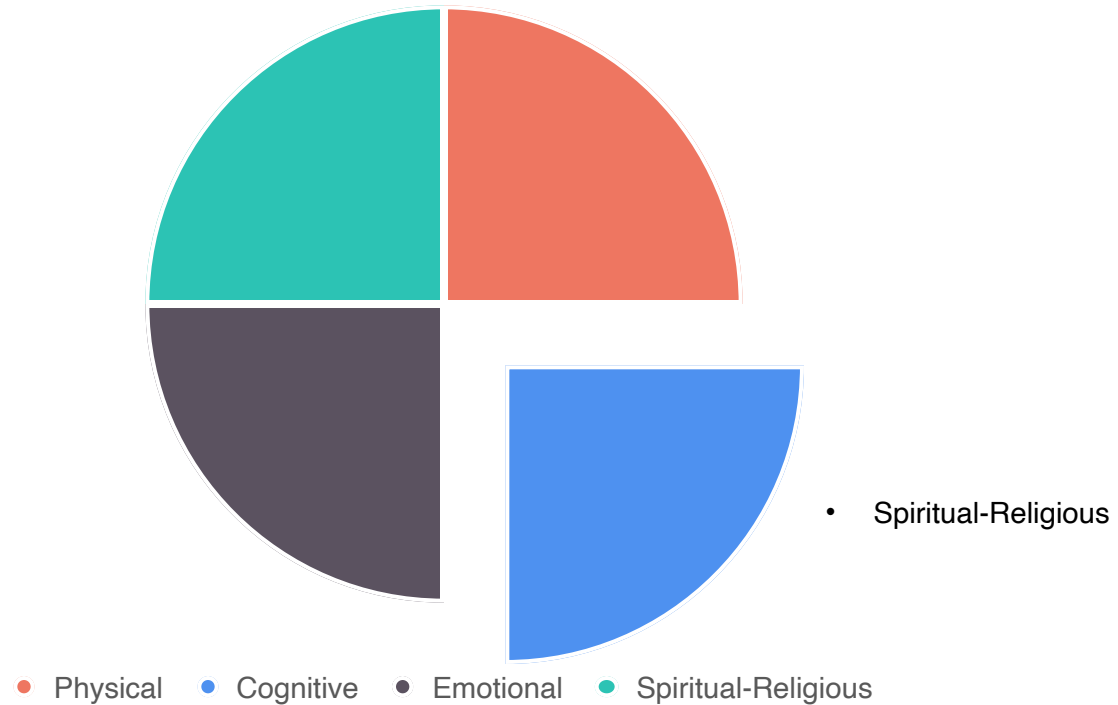
Communication (V & NV)

Physical Response

- Endogenous opiates
- Stress hormones
- Heart rate
- Respiratory rate
- Muscle Tension



Music and Wellness: Spiritual-Religious



Spiritual-Religious

Music and Spiritual-Religious Practice Is Integrally Related

This type of music is the least likely to change over time, so the best when studying the history of a culture or group

Aesthetic Experience

Sublimity, Awe, Cosmic

Comfort, Support, Holding, Connection





How to Choose Music for Wellness

Preferred Music

Familiar Music

Pleasant Music

Consider Extramusical
Associations

Avoid Song Text Unless It
Reinforces Your Wellness
Goal



Musical Examples

My Get-Up and Go

Chorus

How do I know my youth is all spent?

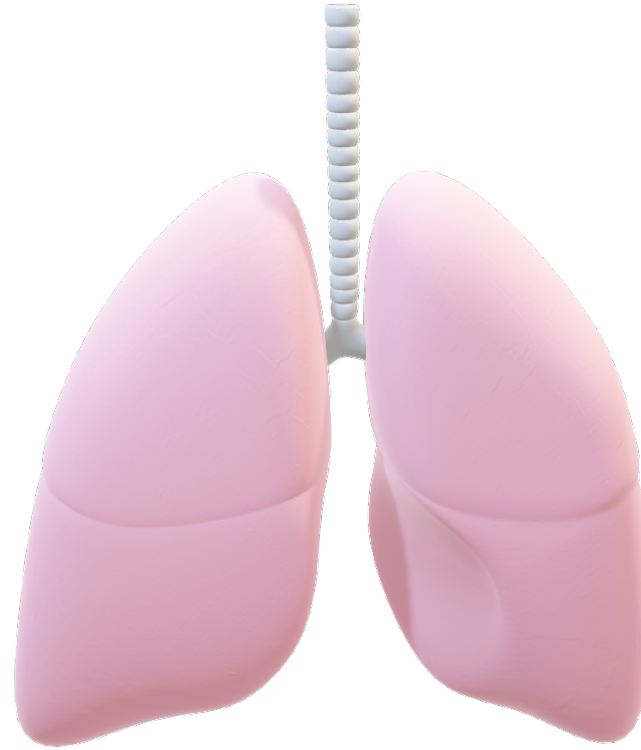
My get up and go has got up and went

In spite of it all, I'm able to grin

When I think of the places my get up has been

(Chorus)

Breathing with Music



Guided Musical Support





Wo-Ya-Ya

We are going, heaven knows where we are going,
We'll know we will.... get there.

We will get there, heaven knows how we will get
there,

We'll know we will.... get there.

It will be hard we know

And the road will be muddy and rough,

But we'll get there, heaven knows how we will get
there,

We'll know we will.... get there.

Wo-ya-ya (four times)

Music Examples

- *My Get Up and Go Just Got Up and Went*. Performed by Pete Seeger. Author Anonymous.
- Breathing with Music: Common Threads, sung by Bobbie McFerrin, from *On a Starry Night*
- Guided Musical Support: Shiny Shell Lullaby, played by Keola and Kapono Beamer, from *On a Starry Night*
- *Wo-ya-ya*. 1971. Performed by Ghanaian Rock Band Osibisa. Ga language.



Thank you!

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<https://musictherapyandimagery.com>