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

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Music and Wellness

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).

Music and Wellness
Components of Music and Wellness
Components of Music and Wellness
Music and Wellness: Physical
Physical Responses

Audio-Analgesic

Anxiolytic

Sedative

Stimulative

Audio-Distractor: Gate Theory

Entrainment: Gait Control

Stress Hormones

https://youtu.be/uDjQ7lKmH3s
Music and Wellness: Cognition

- Cognitive

- Physical
- Cognitive
- Emotional
- Spiritual-Religious
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

- Physical
- Cognitive
- Emotional
- Spiritual-Religious
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

- Physical
- Cognitive
- Emotional
- 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
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*

Thank you!

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