

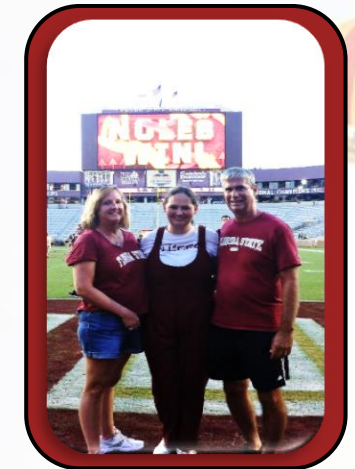
# Music and Mindfulness: Utilizing Music for Self-Care

Alison Puetz, MT-BC




# Who am I?

- Alison Puetz, MT-BC
- Born and raised in St. Louis, Missouri
- 3 siblings
- Musician
- Baseball fan
- Alum of FSU
- Hobbies: being outside, reading, music, playing my switch, watching musicals



# What is Music Therapy?



**Music Therapy:** 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.

## **To Become a Music Therapist (MT-BC):**

- Attend an American Music Therapy Association (AMTA) accredited university
  - 1200 hours of clinical training, including 6-9 month internship
  - Take board certification exam to achieve MT-BC status
- 

# Pediatric Medical Music Therapy

**Pediatric Medical Music Therapy:** The clinical and **evidence-based** practice that uses “music and the therapeutic relationship to promote healthy coping and safeguard the child’s psychosocial well-being during inpatient and outpatient medical treatment.”

## Common Goals:

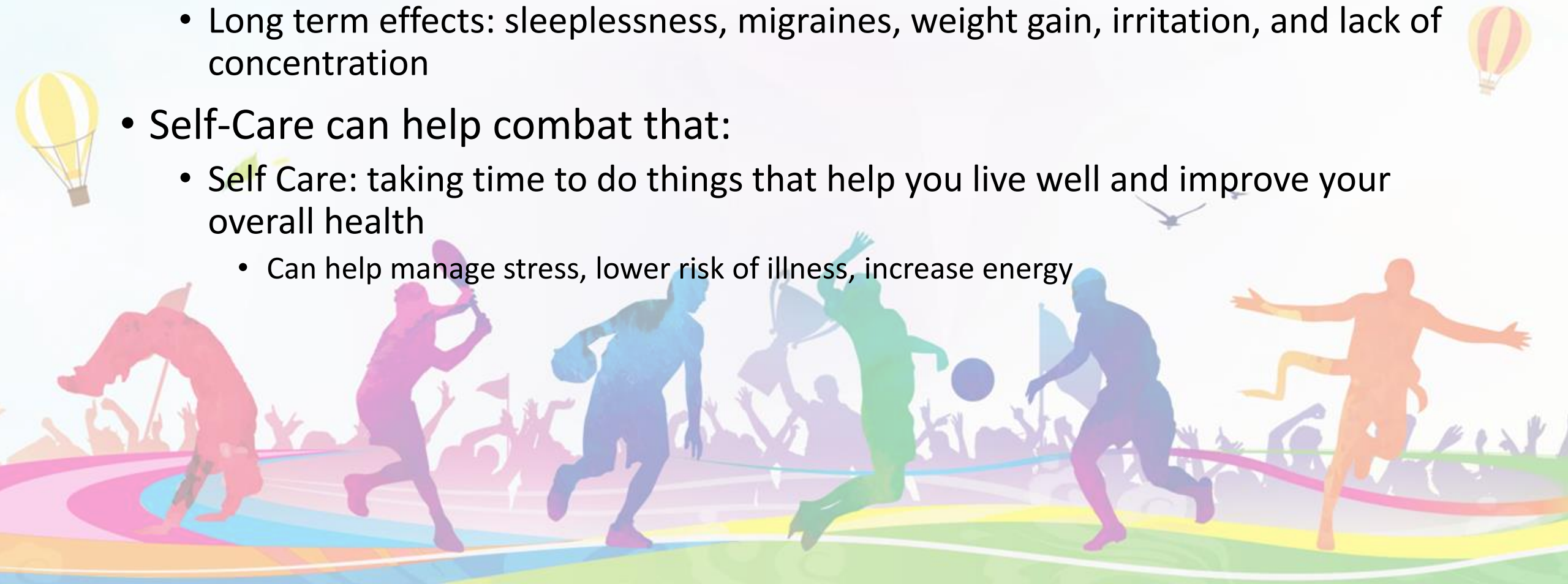
- Decrease pain perception
- Developmental support
- Reduction of anxiety
- Emotional expression/processing
- Bereavement support
- Legacy building
- normalization

## Common Interventions:

- Procedure support
- Music-assisted relaxation
- Music listening
- Therapeutic singing
- Therapeutic music instruction
- Songwriting
- Recording projects

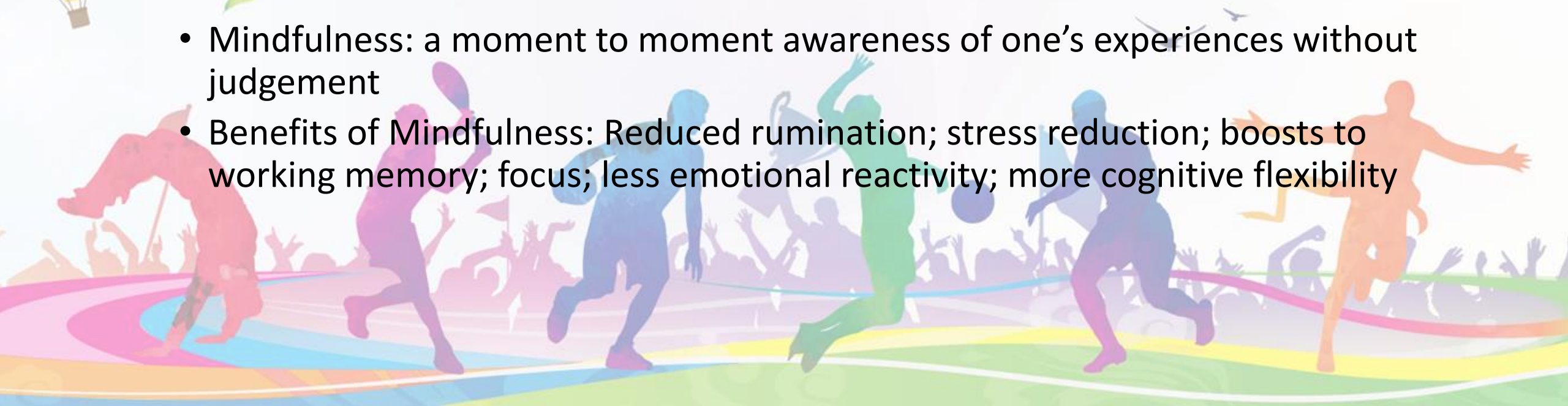
# Stress and Self-Care

- Chronic stress can have effects on your body:
  - Long term effects: sleeplessness, migraines, weight gain, irritation, and lack of concentration
- Self-Care can help combat that:
  - Self Care: taking time to do things that help you live well and improve your overall health
    - Can help manage stress, lower risk of illness, increase energy



# Interventions for Self-Care and Stress Relief

- Learning to Play an Instrument
- Writing a Song
- Music Listening
- Music and Mindfulness:
  - Mindfulness: a moment to moment awareness of one's experiences without judgement
  - Benefits of Mindfulness: Reduced rumination; stress reduction; boosts to working memory; focus; less emotional reactivity; more cognitive flexibility



# Mindfulness Activities with Music

- Music and Guided Imagery
- Mindful Listening
- Breathing with Music
- Progressive Muscle Relaxation
- Coloring with Music
- Going for a Walk with Music

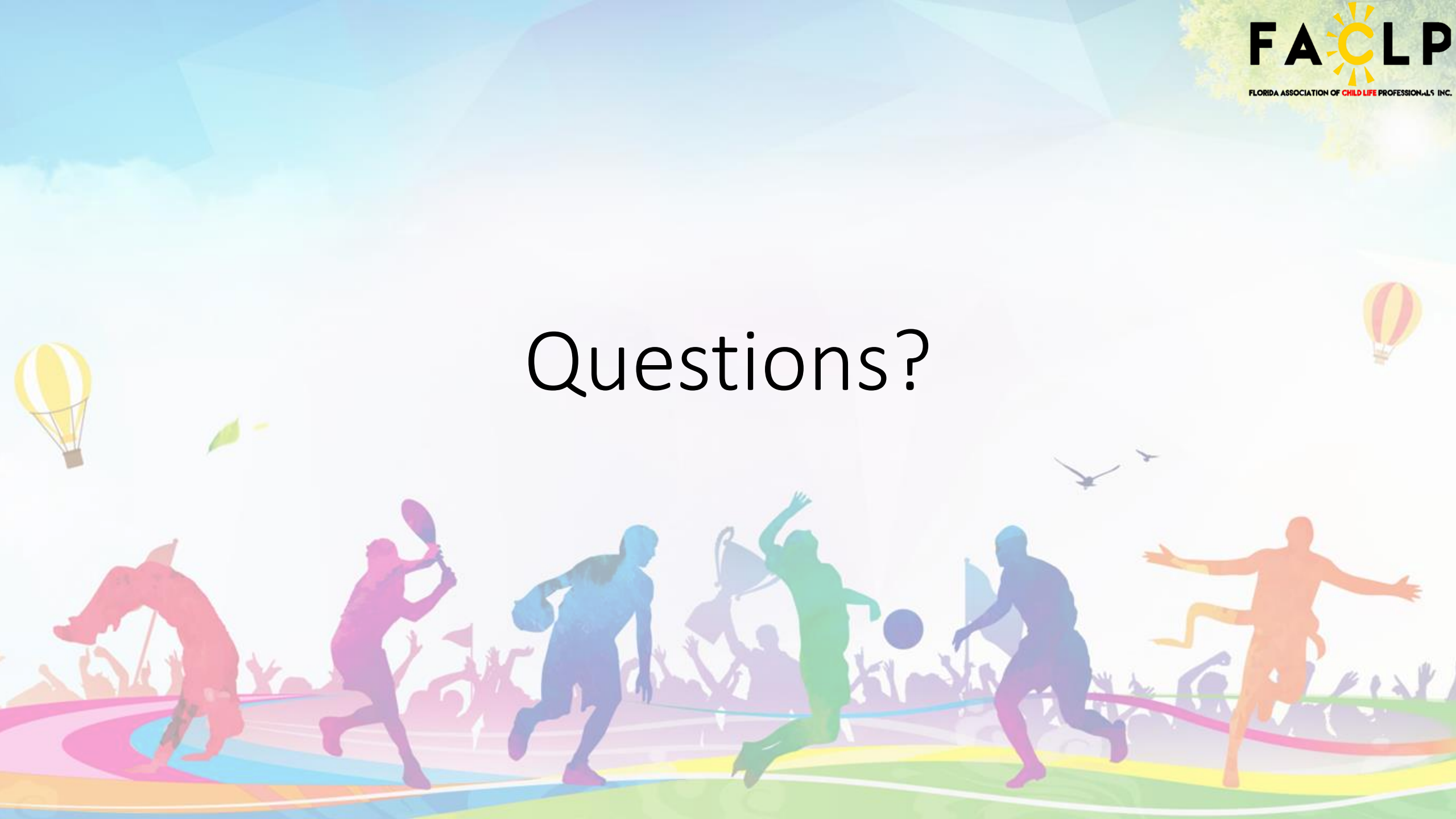


# Example Intervention





# Questions?



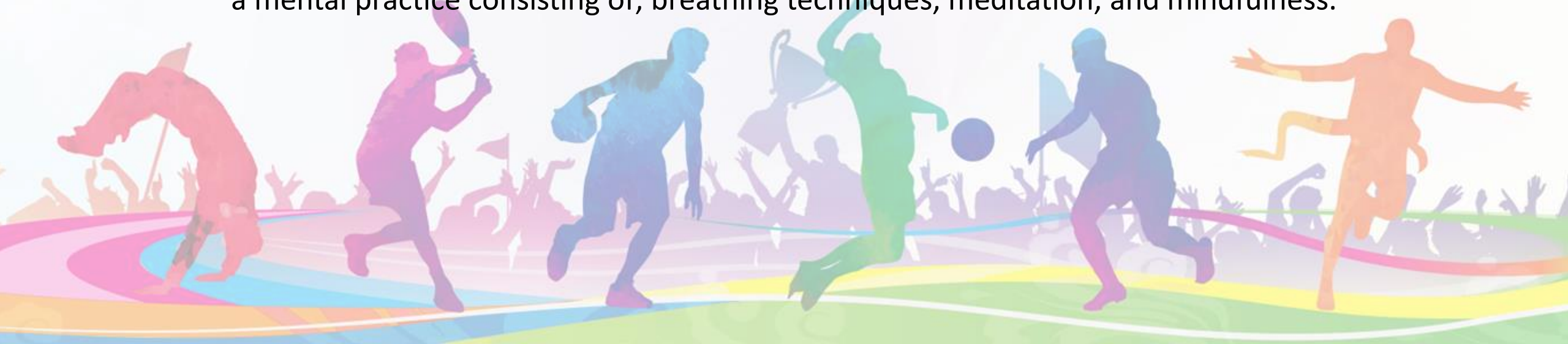
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# YOGA

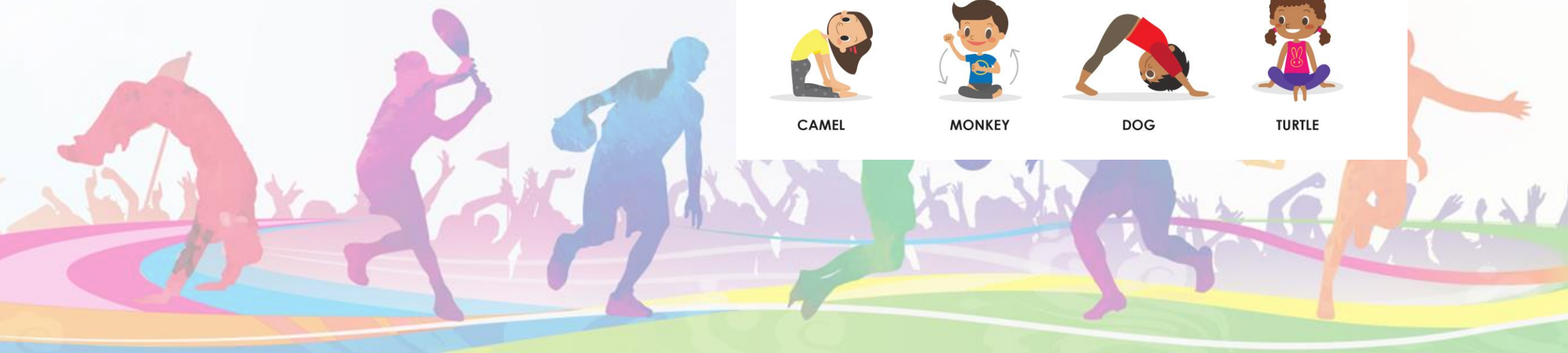
Brooke Lisowski  
200hr Certified Yoga Instructor

The word *yoga* translates to *union*, which describes the concept of connecting movement to breathe. As much as yoga is a physical practice of various poses, it is also a mental practice consisting of; breathing techniques, meditation, and mindfulness.



# Yoga Benefits

- Minimizes stress and anxiety
- Improves strength and balance
- Improves quality of sleep
- Helps with pain management
- Boosts self-esteem
- Builds focus, concentration, mindfulness



# Yoga Activities

- Yogi Says
- Yoga Games
- Yoga Freeze Dance
- Chair Yoga
- Meditation
- Breathing Techniques

Simple & Easy

## Yoga for Kids



# Breathing Techniques

- Ballon Breath (Deep Belly Breathing)
- 5 Finger Breathing (Take 5 Breaths)
- Box Breathing (4-7-8 Breathing)
- Lions Breath (extended exhales)
- Breathing Sphere (Deep Belly Breathing)



# Breathing Techniques

## Balloon Belly

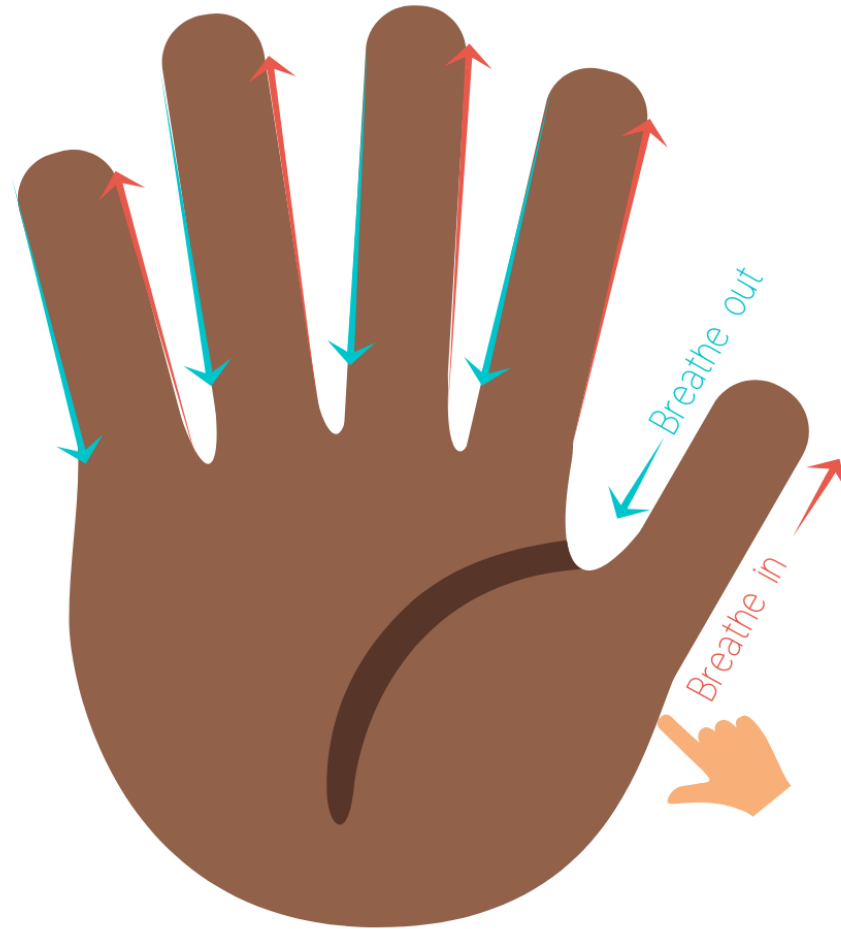


- Think of your belly as a balloon.
- Place your hand on the belly, feel it rise and fall.
- Take a deep breath in, through your nose to fill your balloon/belly.
  - Hold your breath for 3 seconds.
  - Breathe out through your mouth slowly to deflate your balloon/belly.
- Repeat this breathing 5 times.



# Breathing Techniques

5 Finger Breathing





**Please remember to go on  
event and fill out the  
session survey!**

