

Music and Wellness: Benefits of Engaging with Music and Promotion of Positive Mental Health



IndiaAlliance
DBT wellcome

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08/09/21



New England (HHS Region 1)

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

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This work is supported by grant #1H79SM081775 from the DHHS, SAMHSA.

The MHTTC Network uses affirming, respectful and recovery-oriented language in all activities. That language is:

STRENGTHS-BASED
AND HOPEFUL

INCLUSIVE AND
ACCEPTING OF
DIVERSE CULTURES,
GENDERS,
PERSPECTIVES,
AND EXPERIENCES

HEALING-CENTERED AND
TRAUMA-RESPONSIVE

INVITING TO INDIVIDUALS
PARTICIPATING IN THEIR
OWN JOURNEYS

PERSON-FIRST AND
FREE OF LABELS

NON-JUDGMENTAL AND
AVOIDING ASSUMPTIONS

RESPECTFUL, CLEAR
AND UNDERSTANDABLE

CONSISTENT WITH
OUR ACTIONS,
POLICIES, AND PRODUCTS

Mental Health Self-Care During the COVID-19 Pandemic for Health Care Workers and First Responders



Health is a balance

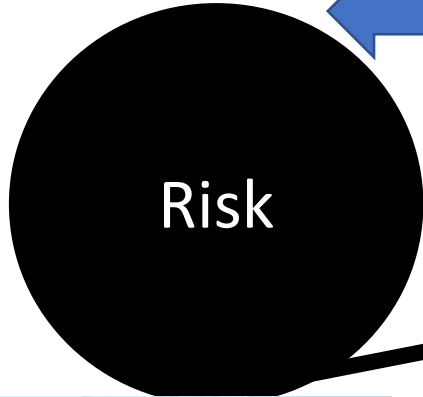
Risk Factors

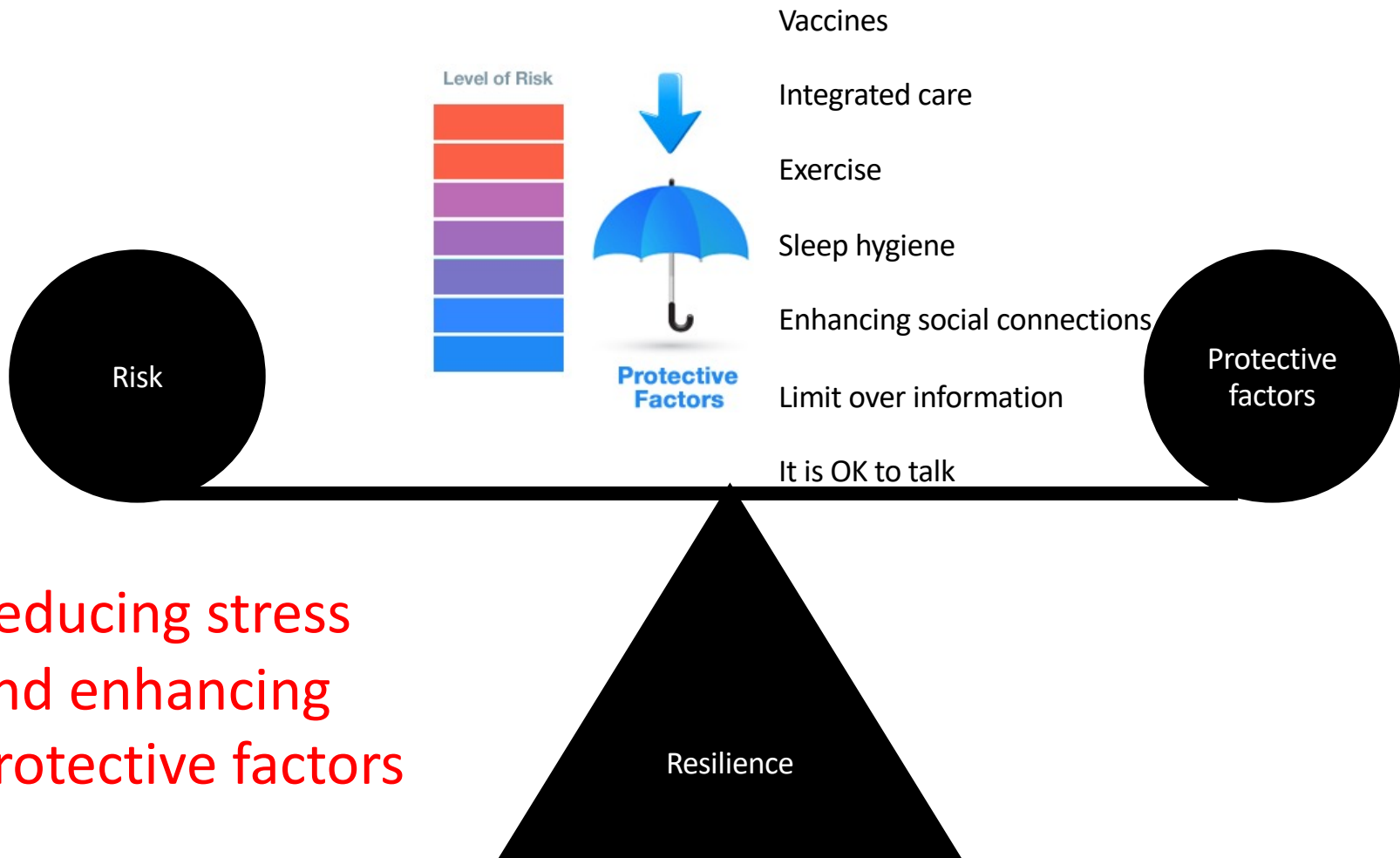
Level of Risk



- Covid risk, illness in self/ loved ones,
- Medical illness
- Burnout/ job loss, closed schools
- Sleeplessness, sedentariness
- Social distancing, Loneliness
- Fear, Misinformation
- Stigma

Pandemic and stress





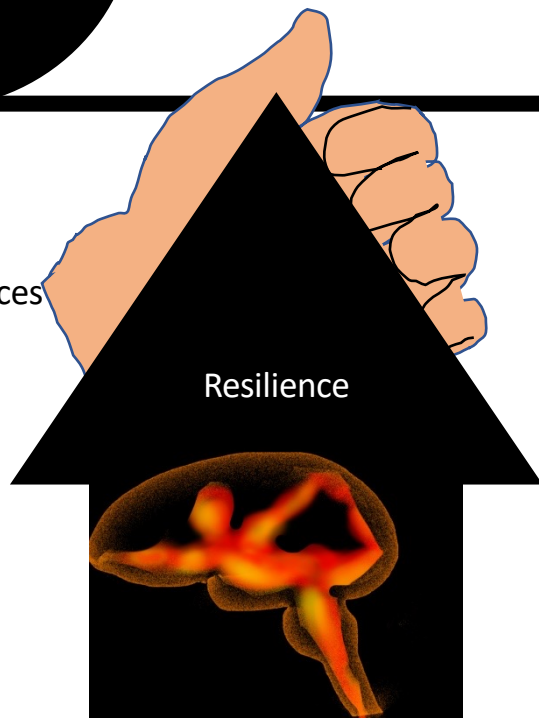
Reducing stress
and enhancing
protective factors



Building resilience



- Yoga
- Mindfulness practices
- Acceptance
- Engagement

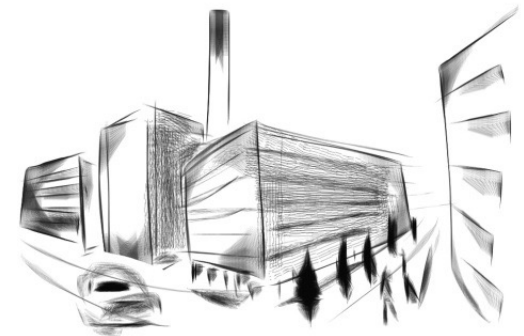


MHTTC Wellness series: building resilience

- Acceptance and Commitment (Friedman-Yakoobian) 5/25/2021
- Yoga (Varambally, Bhargav, and Gangadhar) 6/15, 6/17
- Mindfulness based resilience building (DeTore and colleagues) 7/21
- Music and Wellness (Hegde) 8/9
- Sleep hygiene (Cunningham)
- Enhancing positivity (Yen)

Other upcoming topics:

- Substance abuse
- Meditation



Matcheri Keshavan MD, Raquelle Mesholam-Gately PhD, Rachal Hegde MS



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MUSIC
Cognition Lab

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Anxiety

Stress

Depression

PTSD

This pandemic has immensely
challenged & tested our

Psych

ic in

- Physical Health
- Mental Health
- Resilience

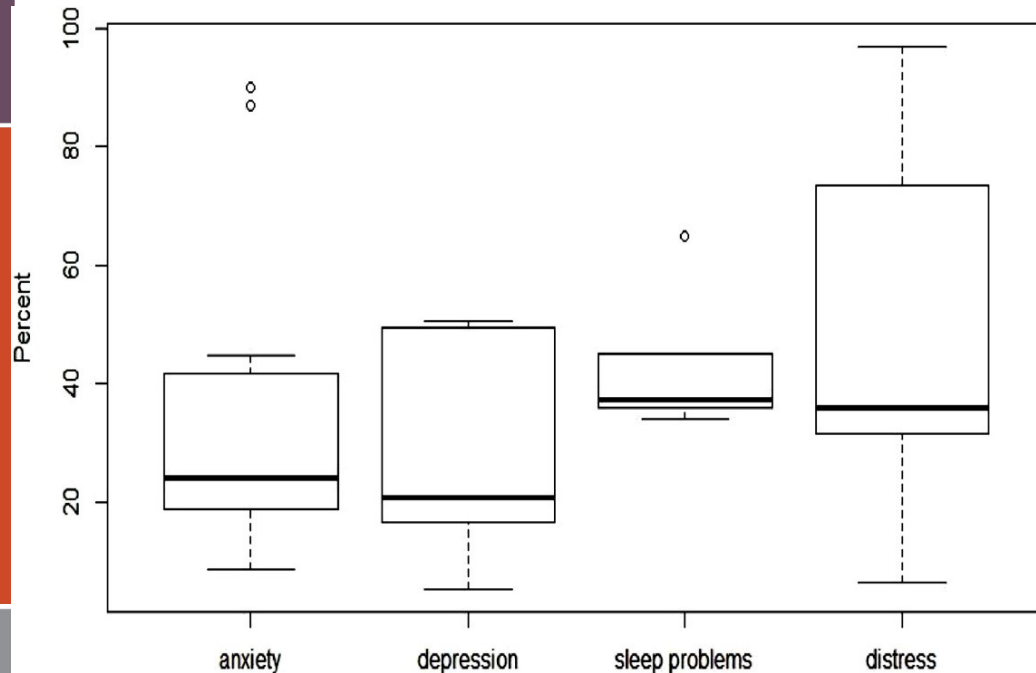
Burnout
syndrome

Emotional
exhaustion

Social
Isolation

Grief

Mental health impact of the covid-19 pandemic on frontline health care workers



Anxiety -9% to 90%
(median - 24%)

Depression - 5% to 51%
(median of 21%)

Sleeping problems -34% to
65% (median of 37%)

Distress -7% to 97%
(median -37%)

Somatic symptoms, including
decreased appetite or
indigestion (59%) & fatigue
(55%).



MUSIC



Stress buster & help
uplift mood

Helped us connect with
others

Kill boredom during
lockdown

Helped us connect with
oneself

Music

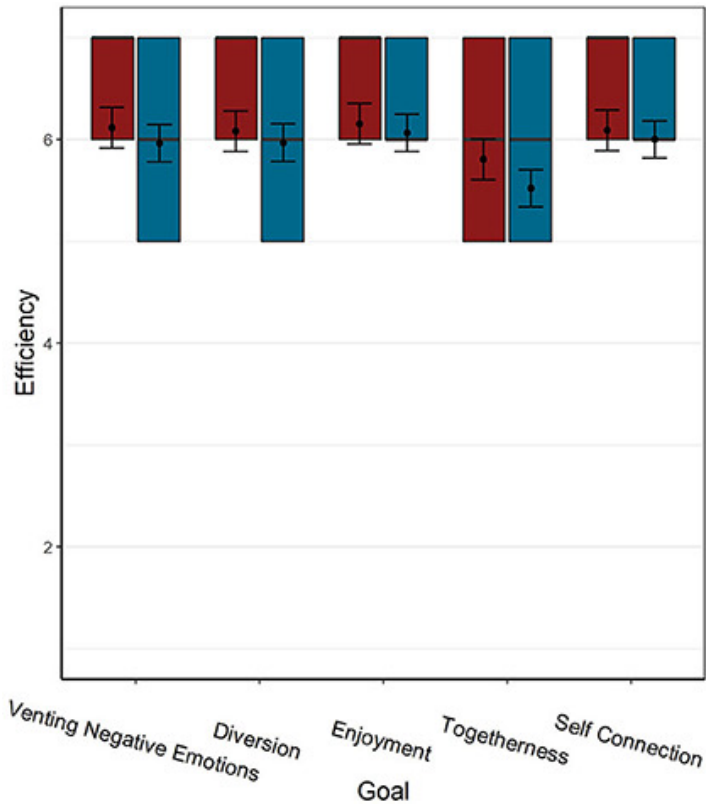
Helped us grieve &
experience other emotions

Facilitated religious or
spiritual practices

Helped us with quality
asleep

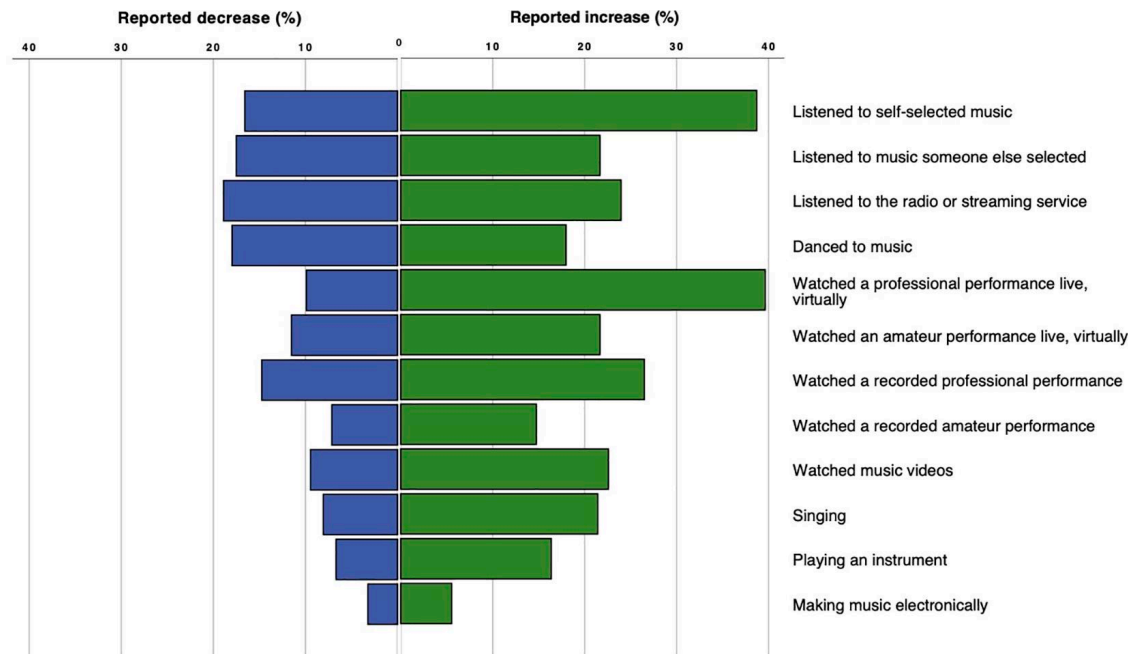
Helped our patients

Musical engagement during the COVID-19 pandemic



Culture

- Collectivism
- Individualism



Carlson et al., Front. Psychol.,
May 2021

Roni Granot et al., Front. Psychol.,
May 2021

Anxiety

Stress

PTSD

Depression

How MUSIC can facilitate

Promotion of Positive Mental Health

“NO HEALTH WITOUT MENTAL HEALTH”

Burn
syndrome

Emotional
exhaustion

Soc
Isolation

Grief

Emotional Health

Spiritual Health

Intellectual Health

Positive Mental Health

Environmental Health

Social Health

Physical Health

Music, beyond entertainment...



First flutes. These 32,000-year-old flutes are the oldest undisputed evidence of music.

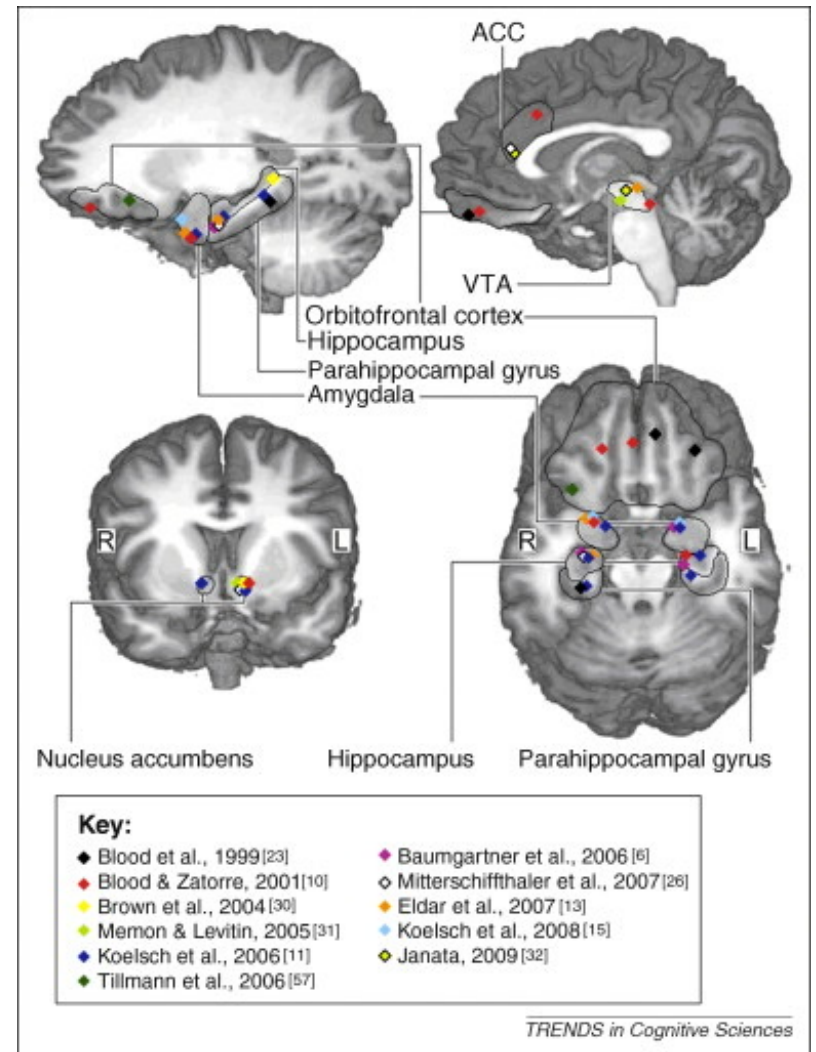
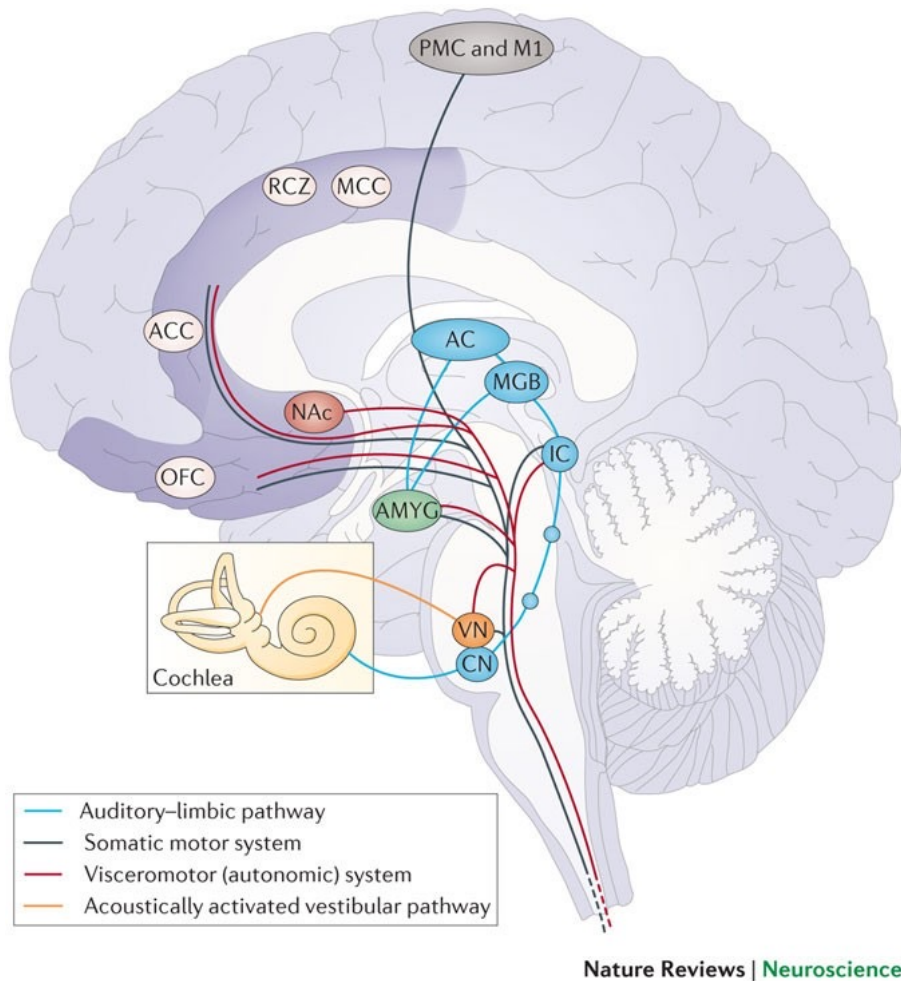
(Cross, Zubrow & Cowan 2002)



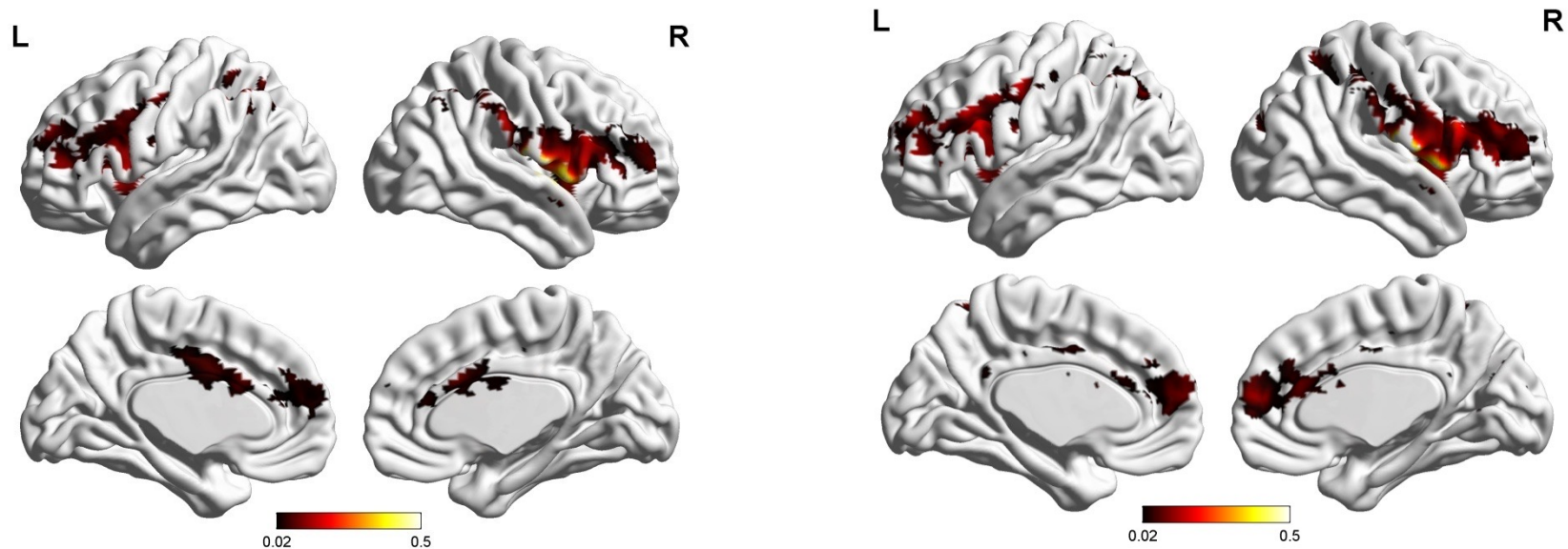
A small task.....



Music and emotion



Neural Correlates – perception of Happy and Sad musical emotion

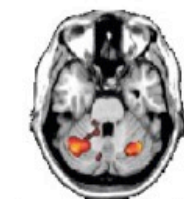
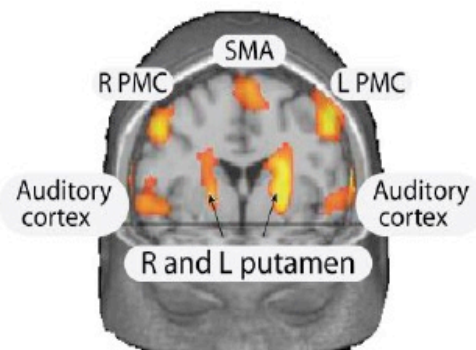


Happy Music: Anterior cingulate, DLPFC and middle temporal shown higher cluster activation compare to sad music

Sad Music: Middle frontal Gyrus, Opercula have higher cluster activation compare to happy music

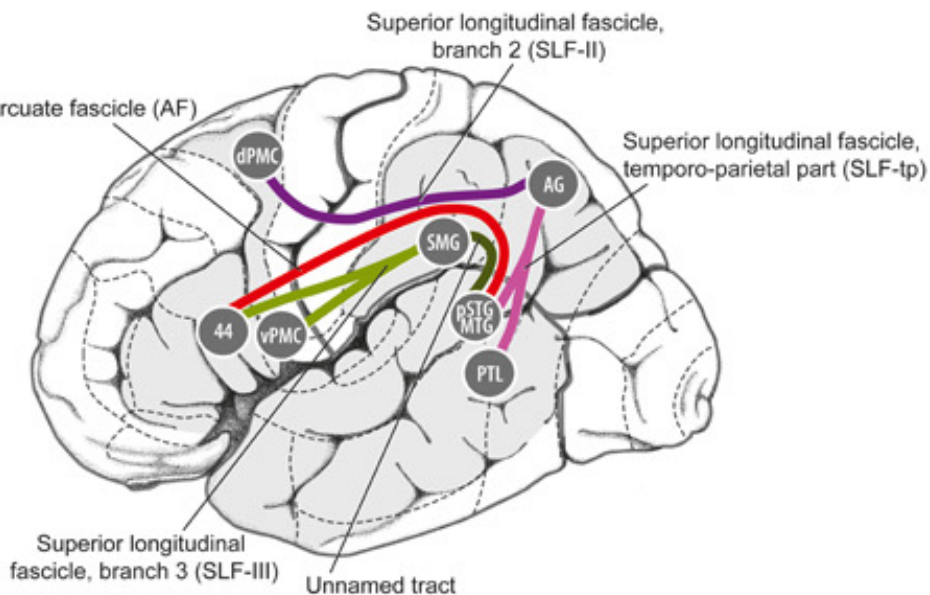
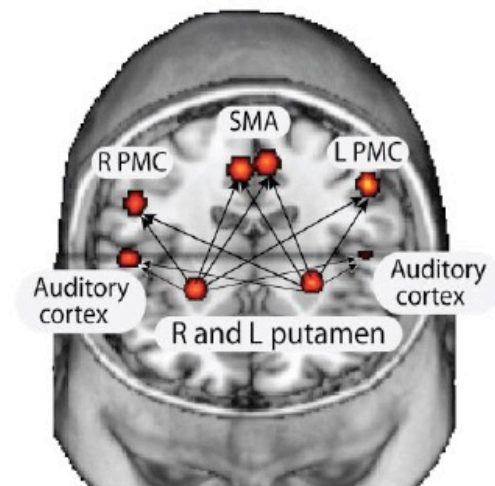
Hegde S, Bharthi K, Kalsi N, Panda R. Musical training matters! An fMRI study of happy and sad musical emotion using ragas of Indian classical music. Helsinki Summer School in Cognitive Neuroscience, 2016. Institute of Behavioural Science, University of Helsinki 11-17 August 2016.

Musical Beat Perception-Motor Entrainment



R and L cerebellum

b) Brain areas with greater coupling during beat perception



(Cameron & Grahn 2014)

(Patel & Iversen 2014)

Music and Language



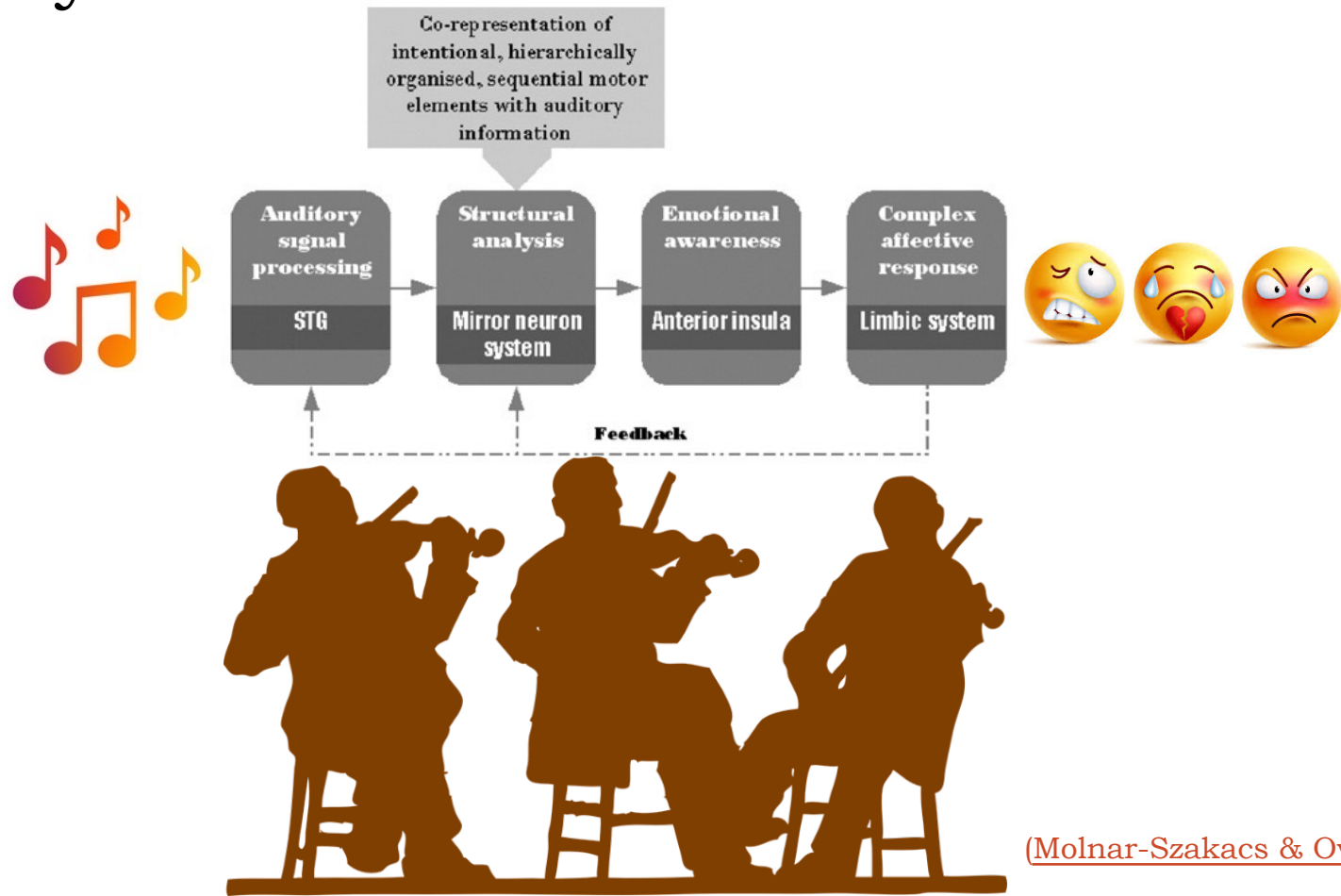
Speech to Song Illusion



Speech to Song Illusion-Diana Deutsch et al, (2008)
The Journal of the Acoustical Society of America

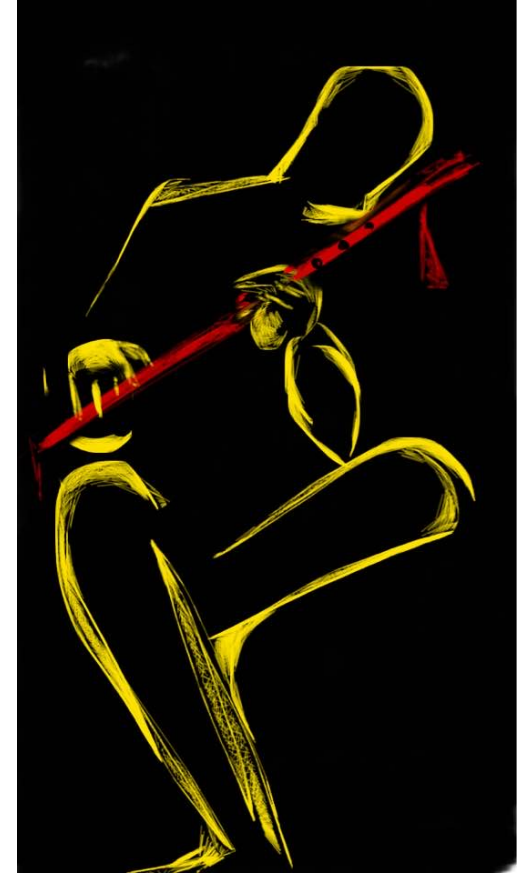
Music- Empathy

- Entrainment - melody-rhythm
 - perceptual, affective, physiological, motor & social synchronisation



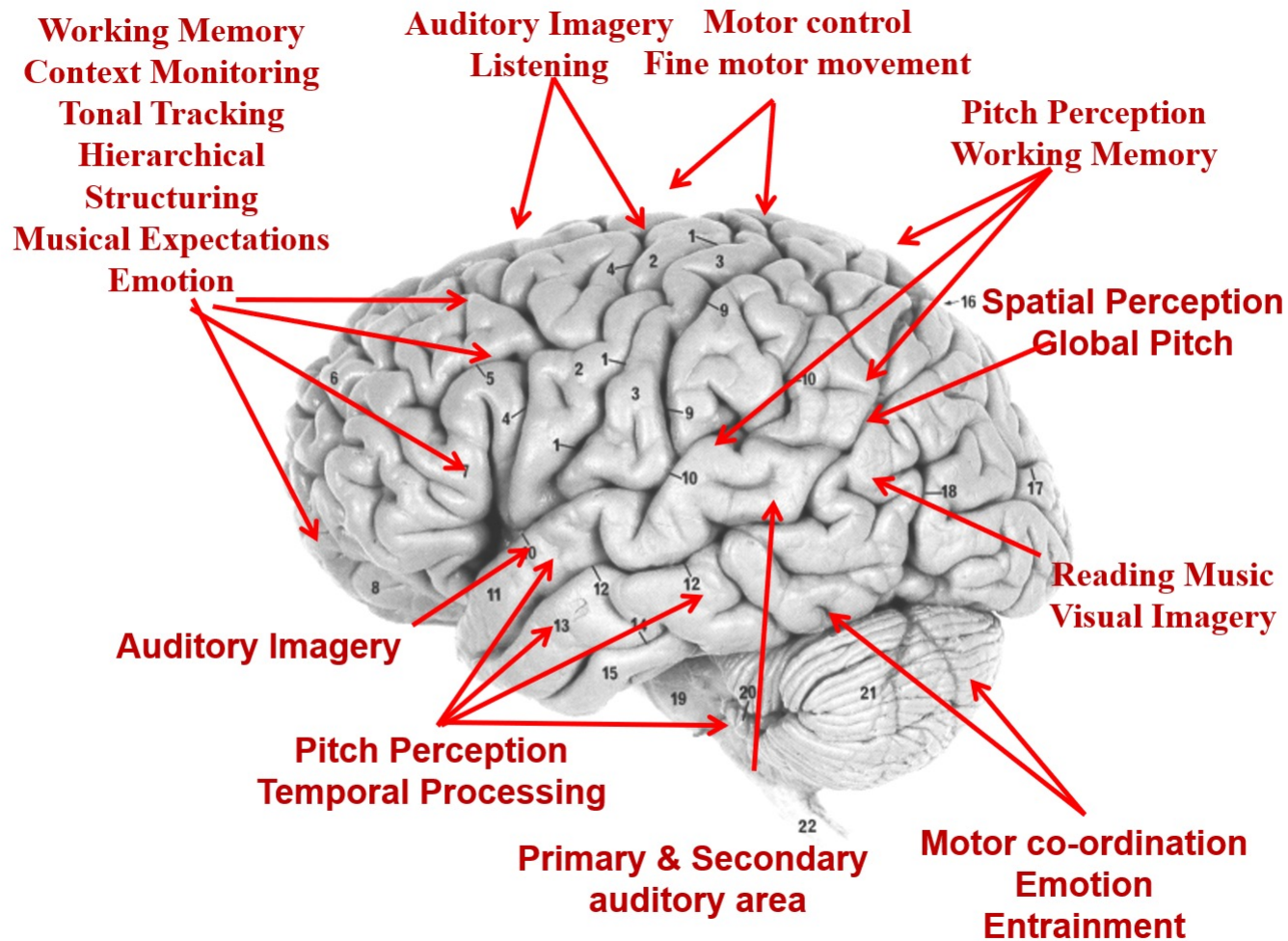


Benefits of actively engaging in Music



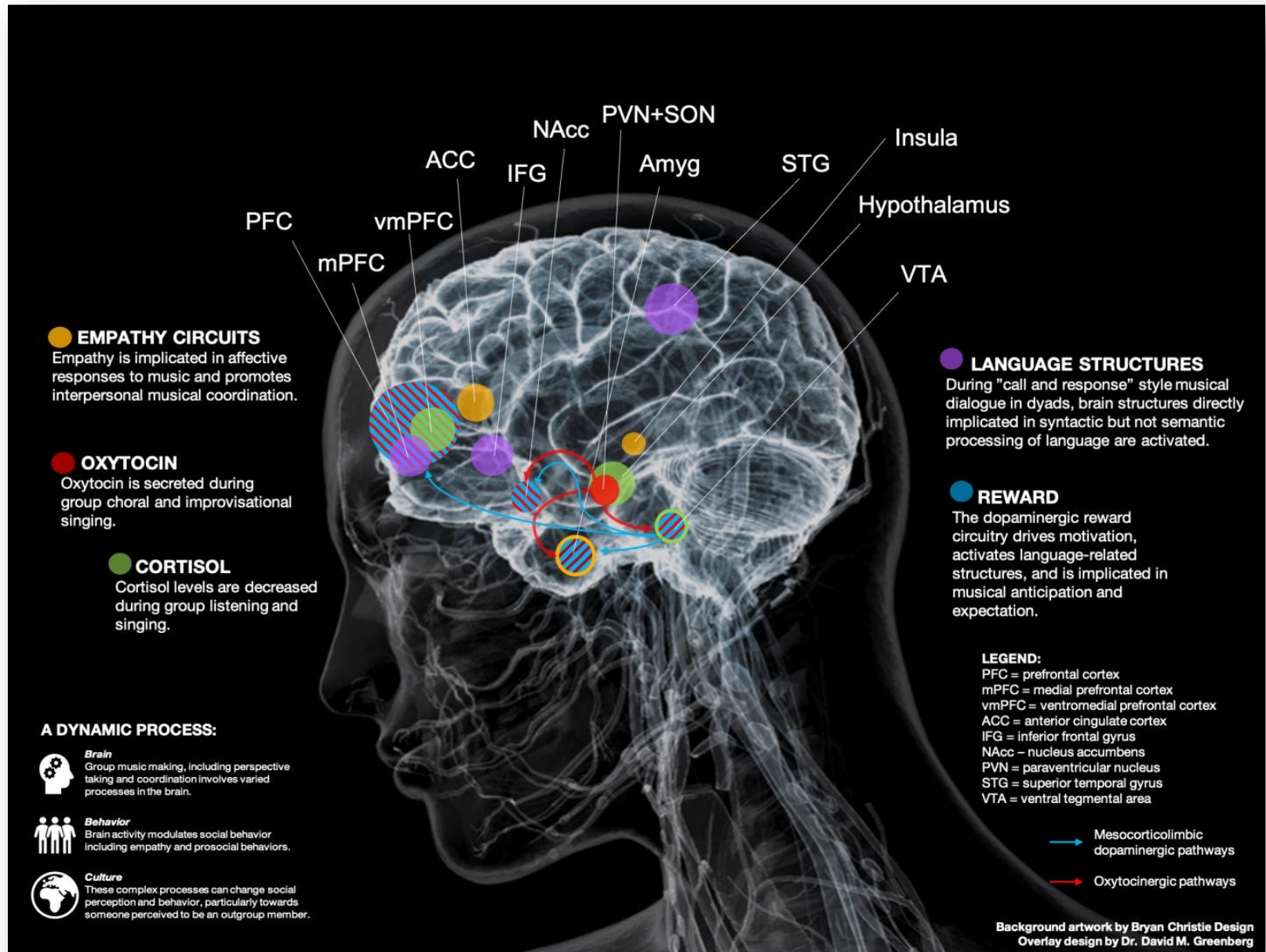
(Art work: Dr. M. S Keshavan)

Music and the brain



(Image courtesy: Curtis M)

Music Engagement its benefits



Emotional Health

Spiritual Health

Intellectual Health

Music- Positive Mental Health

Environmental Health

Social Health

Physical Health



Thank
you



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Contact Us

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newengland@mhttcnetwork.org



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