

Music and Mental Wellness Connection

Music has proven to have immense value on a person's mental wellness; connecting with our core values. The therapeutic nature of music in itself has been practiced as a form of therapy for decades. Music links with our innermost emotional, spiritual and most private selves, and yet it is also a social experience.

Music helps us to feel more human: What is essential about our humanity can be found in our music" (Bunt & Stige 2014). For students, who's daily environments have changed drastically, music can not only give them both a sense of self and togetherness, but rather, it can bring back a sense of routine in unexpected ways.

These are further ways that music can help the mental wellness of our students:

- Elevates mood and motivation.
- Increases the brain's efficiency in processing information • Stress reduction.
- Improves cognitive performance.

Yoga with Allison Tipler

Support your child and students' mental health by clicking on the adventure videos. The purpose of a musical yoga adventure is to engage children to move and make music while sparking their imagination. Through meaningful experiences and yoga, students will connect their mind and body as they awaken their spirit to new possibilities.

Mental health and wellness is important because it influences the thoughts, behaviors and emotions of our children and students. Students need to learn tools and techniques to help them connect to their bodies. Yoga and movement and music is proven to improve both physical and mental health in school age children, so grab your mat, your imagination, and get ready to try something new.

Bunt & Stige. (2014). Music Therapy: An art beyond words.

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