



# The Importance of the Artistic Brain

Music and Art

# Art & Health

- ***“The arts are a critical component of healthcare. Expressive art is a tool to explore, develop and practice creativity as a means to wellness.” ~ Wellarts Association***



The Starry Night- Vincent van Gogh

# Personal Preferences

- Personality
  - Some things about me
  - What makes me happy?
  - What makes me unhappy?
  - What helps me cope?
- Independence
  - Best time of Day
  - I feel strongly about being able to
  - A recent major event that affects
  - I prefer physical activity by
  - Personal Hygiene preferences
  - Healthcare team
- Future Concerns

## What makes me happy?

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> Being outside / inside     | <input type="checkbox"/> Relaxing              | <input type="checkbox"/> A TV show                    |
| <input type="checkbox"/> Travel or outings          | <input type="checkbox"/> Reading/being read to | <input type="checkbox"/> Certain hobbies / activities |
| <input type="checkbox"/> Certain music or sounds    | <input type="checkbox"/> Being around pets     | <input type="checkbox"/> Certain meals / food         |
| <input type="checkbox"/> Visiting family or friends | <input type="checkbox"/> A special place       | <input type="checkbox"/> Other:                       |

What details should your care providers know?

## What makes me unhappy?

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> Certain noises           | <input type="checkbox"/> Eating                 | <input type="checkbox"/> Storms / Bad Weather |
| <input type="checkbox"/> Certain smells or tastes | <input type="checkbox"/> Being alone            | <input type="checkbox"/> Crowds               |
| <input type="checkbox"/> Being rushed             | <input type="checkbox"/> Having limited choices | <input type="checkbox"/> Darkness             |
| <input type="checkbox"/> Being moved/startled     | <input type="checkbox"/> Slipping / falling     | <input type="checkbox"/> Death                |
| <input type="checkbox"/> Certain animals          | <input type="checkbox"/> Lack of privacy        | <input type="checkbox"/> Other dislikes:      |

What details should your care providers know?

## MY FUTURE CONCERNS

- |   |  |  |
|---|--|--|
| <input type="checkbox"/> Pain / medication management     | <input type="checkbox"/> Being a burden      | <input type="checkbox"/> Housing situation   |
| <input type="checkbox"/> Independence (mental / physical) | <input type="checkbox"/> Finances            | <input type="checkbox"/> Health problems     |
| <input type="checkbox"/> Loss of caregivers               | <input type="checkbox"/> Mobility            | <input type="checkbox"/> Unfinished business |
| <input type="checkbox"/> Loss of privacy                  | <input type="checkbox"/> Death / End-of-Life | <input type="checkbox"/> Other:              |

How would you like your current care providers to help you cope with these concerns?

## A Study to make you think?

- In May, 2011, Robert Mendick, reporter for The Telegraph, wrote an article about an experiment conducted by Professor Semir Zeki, chair in neuroaesthetics at University College London. Zeki explained, “We wanted to see what happens in the brain when you look at beautiful paintings.” The experiment concluded when you look at art “whether it is a landscape, a still life, an abstract or a portrait – there is strong activity in that part of the brain related to pleasure.” The participants underwent brain scans while being shown a series of 30 paintings by major artists. When viewing art they considered most beautiful their blood flow increased in a certain part of the brain by as much as 10%, which is the equivalent to gazing at a loved one. Paintings such as those by artists Constable, Ingres, and Monet produce the most powerful ‘pleasure’ response.



# Impact of Art

- Psychologist Shilagh Mirgain, PhD was quoted as saying, “Awe has many important implications for our well-being.”
- Mirgain explained, “Experiencing awe can give us a sense of hope and provide a feeling of fulfillment.”
- Jeremy Nobel, MD, “Engagement with creative activities has the potential to contribute toward reducing stress and depression and can serve as a vehicle for alleviating the burden of chronic disease.”
  - Art decoration within home
  - Painting, drawing
  - Coloring
  - Making Crafts
  - Books of famous Art works
  - Name that piece of Art
  - Art education
  - Bingo with famous Art pieces
- University of Wisconsin Health website
- U.S. National Institute of Health’s (NIH)



## Impact of Music

- Music offers a resource for emotion regulation.
- Lyrics that resonate with the listener's personal experience can give voice to feelings or experiences that one might not be able to express oneself.
- Listening to soft and slow music, such as classical music, is better for managing negative emotions compared to hard or heavy music.
- Listening to happy music can influence the way one perceives the world in a stressful situation.
- Listening to a piece of music that was played a lot during a significant life event (e.g., a family celebration) many years ago can trigger a deeply nostalgic emotional experience. The feeling is not in the music, but in what it reminds us.
- Music is a powerful emotional stimulus that changes our relationship with time. Time does indeed seem to fly when listening to pleasant music. Hearing pleasant music seems to divert attention away from time processing.



Music can alter our moods, emotions, and motivation. We can use music to validate or challenge our moods.

- **It's heart healthy.** Research has shown that blood flows more easily when music is played. It can also reduce heart rate, lower blood pressure, decrease cortisol (stress hormone) levels and increase serotonin and endorphin levels in the blood.

- **It elevates mood.** Music can boost the brain's production of the hormone dopamine. This increased dopamine production helps relieve feelings of anxiety and depression. Music is processed directly by the amygdala, which is the part of the brain involved in mood and emotions.

- **It reduces stress.** Research has found that listening to music can relieve stress by triggering biochemical stress reducers.

- **It relieves symptoms of depression.** When you're feeling down in the dumps, music can help pick you up - much like exercise.

- **It stimulates memories.** There is no cure for Alzheimer's disease or dementia but music therapy has been shown to relieve some of its symptoms. Music therapy can relax an agitated patient, improve the mood and open communication in patients.

- **It manages pain.** By reducing stress levels and providing a strong competing stimulus to the pain signals that enter the brain, music therapy can assist in pain management.



- **Lyric Analysis**
- **Improvisation Music Playing**
- **Active Music Listening**
- **Songwriting**
  - Karaoke
  - Musicians
  - Choirs
  - Name that Tune- Singo

### **How is music therapy utilized in nursing homes?**

- Music is used with elderly persons to increase or maintain their level of physical, mental, and social/emotional functioning. The sensory and intellectual stimulation of music can help maintain a person's quality of life.





- Can Art and Music impact your Quality?
- Depression Rates
- Behaviors affecting Others
- Medications
  - Anti-Anxiety
  - Anti-Physchotic
- Mobility
- Excessive Weight loss
- Staffing Satisfaction
- Quality of Care Satisfaction

***Share your success stories with Art and/or Music.***

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