

HARMONIZING HEALTH:

Unleashing the Power of Music, Movement and Mindfulness



According to the American Music Therapy Association (AMTA), music therapy is an evidence-based use of music interventions to accomplish individualized goals. Incorporating music into your wellness routine can be a fun and enjoyable way to improve your overall health and wellbeing. Whether you choose to dance to your favorite songs, listen to soothing tunes before bed, or even learn a new instrument, music therapy provides numerous health benefits.

Stress and Anxiety Reduction

Research indicates that listening to music reduces stress and anxiety levels. A study conducted by the Department of Psychology at the University of Sussex, found that people who listened to music experienced lower levels of the stress hormone, cortisol.

Pain Management

Music therapy is attributed to helping with pain management. A study published in the Journal of Advanced Nursing, found that people who listened to music reported less pain and more control over their pain than those who didn't utilize music therapy.

Improved Mood and Quality of Life

Research from the Cochrane Collaboration, suggests that music therapy enhances quality of life by improving mental health, emotions, and social relationships.

Enhanced Physical Fitness

Music has also been found to enhance physical performance by increasing motivation during workouts, improving movement in patients with Parkinson's disease, and supporting the rehabilitation of stroke patients.

Getting Healthy Beyond the Gym

Summer is the perfect time to explore and get adventurous! Exploring [Cook County](#) and the [Cook County Forest Preserves](#), provides exciting outdoor options for staying fit without stepping foot inside a gym. Additionally, consider the following gym substitutes:

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- **Dancing** – Enroll in a dance class, any genre, and you'll get great cardio benefits
- **Roller skating** – Engages compound muscle groups and improves coordination and balance
- **Joining a sports league** – Softball, soccer, or basketball are excellent options for staying fit and interacting with others
- **Biking** – An opportunity to go at your own pace and take in the sites of the city while increasing your heart rate

BEFORE BEGINNING ANY NEW EXERCISE PROGRAM, PLEASE CONSULT WITH YOUR PHYSICIAN.

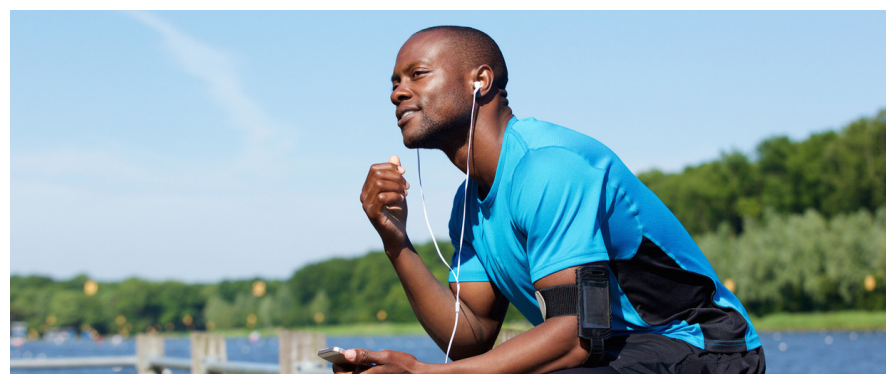
A conversation with your doctor ensures that your exercise plan is safe and suitable for your individual needs and overall health.

Champion A Mindful Work-Life Balance

Mental Health Boosters

A healthy lifestyle includes taking care of your mental health. Prioritize engaging in activities that generate happiness and facilitate a sense of purpose. Exercise is medically proven to enhance a sense of calm and wellbeing. Activities such as meditation, yoga, or even taking a quiet walk can help to clear your mind and reduce stress. Make time to connect with family and friends, whether in person or virtually. Incorporating movement and exercise into your weekly routine can have major benefits on overall mental and physical health such as:

- Reduced stress levels
- Increased energy
- Reduced brain fog
- Clearer thinking; more decisive
- Increased emotional and mental bandwidth



Time Management Tips

Effective time management is a crucial component of living a balanced and healthy life. Setting short-term and long-term goals provides a sense of direction, keeps you motivated and focused. Clear and effective communication mitigates misunderstandings, which reduces stress and potential conflict. Delegate tasks as needed without guilt. Normalize taking short breaks to boost productivity and reduce stress levels.

Sound like a lot to keep up with? Just make note of and remember the five P's for good time management:

- Prioritize and delegate
- Proactively prevent stress with fitness
- Put it in writing (i.e. planner, calendar, etc.)
- Practice mindfulness
- Peers and professionals can support



Did you know this year's Cook County Health Fairs had a soundtrack? Well, if you didn't, now you do! Enhance your well-being with the power of music! [CLICK HERE](#) and start moving and grooving to the Best Health, Best Self soundtrack.

