



Welcome to...

Music and work: Good Vibrations

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Music and Work: Good Vibrations

Programme

- ✿ *It's been a hard day's night!*
- ✿ *what is your “work song”?*
- ✿ *brief overview of music and wellbeing*
- ✿ *listening and/or singing along*
- ✿ *Summary + Concluding Tips for
enhancing mental wellbeing using music*



Checking in...

My relationship with work sounds like:

- A. We go together like a wink and a smile
- B. You can check out anytime, but you can never leave
- C. Let me see how life is like on Jupiter and Mars
- D. Something tells me I'm into something good
- E. The road is long, with many a winding turn
- F. Give me one reason to stay here and I'll turn right back around

ANSWER KEY

We go together like a wink and a smile
round peg in a round hole <A Wink and a Smile>


You can check out anytime, but you can never leave
feel trapped <Hotel California>

Let me see how life is like on Jupiter and Mars
Escapist <Fly Me to the Moon>

Something tells me I'm into something good
optimistic, upbeat <I'm Into Something Good>

The road is long, with many a winding turn
tiring, tedious <He Ain't Heavy, He's My Brother>

Give me one reason to stay here ...
negotiating/bargaining <Give Me One Reason>



Music and Wellbeing

✿ Content healing

✿ Direct curative effect of music

- ✿ Medicine song tradition in early civilizations
- ✿ Claims examined by medical science since 1800s and largely refuted

✿ Modern sound healing techniques

✿ Context healing

✿ Music supports general wellness, harmony and balance

Current Music Therapy Practice

- ✿ NOT about direct impact of sound on body
- ✿ EXPERIENCE of sound/musical encounter
- ✿ Evidence-based, goal-oriented process that occurs within a therapeutic relationship with a trained music therapist
- today's session is NOT a music therapy session!
- ✿ Music therapists are NOT the only ones using music in their work to promote health
- ✿ Find out more about music therapy:
<http://singaporemusictherapy.page.tl>

Just the Way You Are – Billy Joel

Don't go changing to try and please me You never let me down before
Don't imagine you're too familiar And I don't see you anymore
I wouldn't leave you in times of trouble We never could have come this far
I took the good times, I'll take the bad times I'll take you just the way you are

Need to know that you will always be The same old someone that I knew
What will it take till you believe in me The way that I believe in you

I said I love you that's forever And this I promise from the heart
I couldn't love you any better I love you just the way you are



Loving yourself just the way you are

Sailing – Christopher Cross

Well it's not far down to paradise At least it's not for me
And if the wind is right you can sail away And find tranquility
Oh the canvas can do miracles Just you wait and see Believe me

It's not far to never-never-land No reason to pretend
And if the wind is right you can find the joy Of innocence again
Oh the canvas can do miracles
Just you wait and see Believe me

*Sailing Takes me away to where I've always heard it could be
Just a dream and the wind to carry me And soon I will be free*

Fantasy It gets the best of me When I'm sailing
All caught up in the reverie Every word is a symphony
Won't you believe me





Learn to Be Still - Eagles

It's just another day in paradise

As you stumble to your bed

You'd give anything to silence

Those voices ringing in your head

You thought you could find happiness Just over that green hill

You thought you would be satisfied But you never will

Learn to be still

We are like sheep without a shepherd

We don't know how to be alone

So we wander 'round this desert

Wind up following the wrong gods home

Learn to Be Still

But the flock cries out for another
And they keep answering that bell
And one more starry-eyed messiah
Meets a violent farewell

Learn to be still

Learn to be still

Now the flowers in your garden
They don't smell so sweet so sweet
Maybe you've forgotten
The heaven lying at your feet



All About the Money - Meja

Sometimes, I find another world inside my mind
When I realize the crazy things we do
It makes me feel ashamed to be alive
It makes me want to run away and hide

It's all about the money It's all about the dum dum duh dee dum dum
I don't think it's funny to see us fade away
It's all about the money It's all about the dum dum duh dee dum dum
and I think we got it all wrong anyway

We find strange ways of showing them how much we really care
When in fact we just don't seem to care at all
This pretty world is getting out of hand
So tell me how we failed to understand



New York Minute - Eagles

Harry got up Dressed all in black Went down to the station
And he never came back They found his clothing
Scattered somewhere down the track
And he won't be down on Wall Street in the morning

He had a home The love of a girl But men get lost sometimes
As years unfurl One day he crossed some line
And he was too much in this world But I guess it doesn't matter anymore

In a New York Minute Everything can change
In a New York Minute Things can get pretty strange
In a New York Minute Everything can change In a New York Minute

New York Minute

Lying here in the darkness

Somebody going to emergency

If you find somebody to love in this world

You better hang on tooth and nail

I hear the sirens wail

Somebody's going to jail

The wolf is always at the door

In a New York Minute

In a New York Minute

In a New York Minute

Everything can change

Things can get a little strange

Everything can change In a New York Minute

In these days

And people rush home

You better take a fool's advice

'Coz one day they're here


When darkness falls early

To the ones they love

And take care of your own

Next day they're gone





Help! - Beatles

Help! I need somebody Help! Not just anybody
Help! You know I need someone Help!

When I was younger so much younger than today
I never needed anybody's help in any way
But now these days are gone I'm not so self-assured
Now I find I've changed my mind I've opened up the doors

*Help me if you can, I'm feeling down
And I do appreciate you being 'round
Help me get my feet back on the ground
Won't you please, please help me*

And now my life has changed in oh so many ways
My independence seems to vanish in the haze
But every now and then I feel so insecure
I know that I just need you like I've never done before

Give Me One Reason – Tracy Chapman

Give me one reason to stay here - and I'll turn right back around
Give me one reason to stay here - and I'll turn right back around
Said I don't want leave you lonely You got to make me change my mind

Baby I got your number and I know that you got mine
But you know that I called you I called too many times
You can call me baby, you can call me anytime You got to call me

Give me one reason to stay here - and I'll turn right back around
Give me one reason to stay here - and I'll turn right back around
And I don't want leave you lonely You got to make me change my mind

I don't want no one to squeeze me - they might take away my life
I don't want no one to squeeze me - they might take away my life
I just want someone to hold me oh and rock me through the night



Turn Back the Clock – Johnny HJ

Another day is ended And I still can't sleep
Remembering my yesterdays I begin to weep
If I could have it over Live my life again I wouldn't change a single day

*I wish that I could turn back the clock Bring the wheels of time to a stop
Back to the days when love was so much better*

Lying here in silence Picture in my hand of a boy I still resemble
But I no longer understand And as the tears run freely
How I realise They were the best years of my life

You might say it's just a case of giving up No
But without these memories Where is the love So where is the love



Don't Dream It's Over - Crowded House

There is freedom within There is freedom without
Try to catch the deluge in a paper cup
There's a battle ahead Many battles are lost
But you'll never see the end of the road while you're travelling with me

Hey now, hey now Don't dream it's over
Hey now, hey now When the world comes in
They come, they come to build a wall between us
We know they won't win

Now I'm towing my car There's a hole in the roof
My possessions are causing me suspicion but there's no proof
In the paper today Tales of war and of waste
But you turn right over to the tv page



Eye of the Tiger - Survivor

Risin' up, back on the street Took my time, took my chances

Went the distance now I'm back on my feet

Just a (wo)man and his/her will to survive

So many times, it happens too fast You trade your passion for glory

Don't lose your grip on the dreams of the past

You must fight just to keep them alive

It's the eye of the tiger

It's the thrill of the fight

Risin' up to the challenge of our rival

And the last known survivor stalks his prey in the night

And he's watchin' us now in the eye of the tiger

Face to face, out in the heat

Hangin' tough, stayin' hungry

They stack the odds still we take to the street

For the kill with the skill to survive



Eye of the Tiger

It's the eye of the tiger It's the thrill of the fight

Risin' up to the challenge of our rival

And the last known survivor stalks his prey in the night

And he's watchin' us now in the eye of the tiger

Risin' up straight to the top Had the guts, got the glory

Went the distance now I'm not gonna stop

Just a (wo)man and his/her will to survive

It's the eye of the tiger It's the thrill of the fight

Risin' up to the challenge of our rival

And the last known survivor stalks his prey in the night

And he's watchin' us now in the eye of the tiger

We Are the Champions - Queen

I've paid my dues Time after time
I've done my sentence But committed no crime
And bad mistakes I've made a few
I've had my share of sand kicked in my face But I've come through

We are the champions, my friends And we'll keep on fighting till the end
We are the champions We are the champions
No time for losers 'Cause we are the champions of the world

I've taken my bows And my curtain calls
You brought me fame and fortune and everything that goes with it
I thank you all
But it's been no bed of roses No pleasure cruise
I consider it a challenge before the whole human race
And I ain't gonna lose

Recap

What messages do your favourite songs tell you about how you feel about work, about yourself?

- 🌿 Just the way you are : **Accepting self**
- 🌿 Sailing, Learn to be still : **Self-care**
- 🌿 It's all about the \$ in the New York Minute : **Prioritize**
- 🌿 Help! Give me one reason : **communicating with colleagues**
- 🌿 Turn back the clock : **looking forward**
- 🌿 Don't dream it's over : **keeping your dreams alive**
- 🌿 Eye of the Tiger : **fight to keep your dreams alive**
- 🌿 We Are the Champions : **winning attitude**

Concluding Tips

- ✿ Choose music that empowers! (where appropriate)
- ✿ Choose music to unwind to – what is the most relaxing music FOR YOU?
- ✿ Choose music to exercise to – rhythm keeps momentum going, motivating
 - ✿ Use of music can improve compliance to exercise programme!
- ✿ Form music groups/choirs with colleagues -> empowering for self to play active role in music-making



Thank you

**May Good Vibrations
stay with you for
the rest of the day...**