At Houston Methodist, we understand that this is a difficult time for many. From dealing with a new hospitalization to coping with our new 'normal', we all must prioritize time to take care of ourselves. The Center for Performing Arts Medicine has curated a series of self-guided activities and media resources to promote wellness and coping during difficult times.

What We Offer:

1. Self-guided Experiences
2. Curated Playlists
3. Video and Media Experiences
Our self-guided experiences were created by an interdisciplinary team- including Houston Methodist's music therapists. All of these experiences can be done on your own time without the guidance of a music therapist. Topics include stress reduction, mindfulness, self-care, and meditation. Thumb through these activities to select the self-guided experience that best meets your current needs.

List of Self Guided Opportunities:

1. Creative Processing Activities- Simple exercises you can do to process the world around you at your own speed
2. Breathing to Music- Guided music listening focusing on your breath
Creative Processing Activities

During difficult times it is important to practice self awareness and seek understanding of things within and outside of our control. Use the following activities to discover your power to choose, release thoughts and feelings that aren't helpful during this time and find comfort in your self.

Activities:
1. Bridge Over Troubled Water
2. Musical Stress Management Strategies
3. Sail Away
4. Don't Worry, Be Happy
5. Hope and Healing
6. What a Wonderful World
7. Heart Mapping
8. Photography Reflections
Bridge Over Troubled Water

1. Scan the QR Code or google “Bridge Over Troubled Water” click here
2. Listen to the song while following along with the lyrics

When you're weary, feeling small,
    When tears are in your eyes
        I will dry them all
    I'm on your side
    When times get rough
        And friends just can't be found

Like a bridge over troubled water
    I will lay me down
Like a bridge over troubled water
    I will lay me down
When you're down and out
    When you're on the street
    When evening falls so hard
    I will comfort you
    I'll take your part
When darkness comes
    And pain is all around

Like a bridge over troubled water
    I will lay me down
Like a bridge over troubled water
    I will lay me down
Sail on, silvergirl
    Sail on by
Your time has come to shine
    All your dreams are on their way
    See how they shine
    If you need a friend
    I'm sailing right behind

Like a bridge over troubled water
    I will ease your mind
Like a bridge over troubled water
    I will ease your mind

3. Print out the picture below and follow the instructions
4. Every time you are feeling overwhelmed, anxious, stressed, or out of control, refer to your bridge and those things you've identified that help you rise above your challenges
Bridge Over Troubled Water

On the waters, write down hard times that wash over you.

On the bridge wood slats, write what/who helps you navigate the troubled waters.
Musical Stress Management Strategies

Sometimes, identifying music that is important to us can be a fun and helpful exercise in times of stress. Take a moment to write down music that fits in each of the following categories. When you feel like you need a pick me up, try listening to your chosen songs.

What are three songs that help me feel safe?
1) ____________________
2) ____________________
3) ____________________

What are three songs I like to listen to for a musical break?
1) ____________________
2) ____________________
3) ____________________

What are three songs I like to sing/play along with to improve my mood?
1) ____________________
2) ____________________
3) ____________________

What are three songs I like to breathe along with to decrease anger/stress/anxiety?
1) ____________________
2) ____________________
3) ____________________

Try breathing in time with your music choices, such as by breathing in for 4 beats and out for 4 beats or in for 4 beats and out for 8 beats (you can tap your foot or hand to bring out the beat of the music). Find a “tempo” or pace of the music that is comfortable for you!
Sail Away
Today, we are going to sail away.

1. Listen to the song “Orinoco Flow” by Enya by scanning the following QR Code using your phone or by look it up online.

2. As you listen, visualize yourself sailing away. Think about what your surroundings would look like, smell like, feel like, and what you would hear. Right now our situations can feel chaotic, stressful, anxiety-ridden, or isolating. It’s important that we have moments of respite, even if only in our minds.

3. After you listen, print out the coloring page below and enjoy releasing your stress with this simple yet mindful activity on your break at work or at home.
Don't Worry, Be Happy

During difficult times worrying is natural. It can be hard to not let the worry consume us and overtake our lives making it difficult to be productive and increasing our likelihood of depression and other mental health concerns. Because of this, we must strive to find our happy each and every day.

Listen to Ashley Lundquist, MT-BC sing her rewrite of Don’t Worry, Be Happy by scanning the QR code below with your camera on your smart device. After listening, print the activity sheet and personalize the song with some of your lyrics. Find time every day to implement a positive way of thinking, enjoy a hobby, and/or socially engage through virtual means. By doing this, you will have an outlet to relieve the worry and bring on the happy. The happier we are, the better we do our jobs, get along with others, and enjoy our life.

https://www.youtube.com/watch?v=2PlgN0ta6E8
Don’t Worry Be Happy Rewrite

My world is kind of ________________ now

Wanna __________________ but I don’t know how

Don’t worry, be Happy

In every life we have some trouble
But when we worry we make it double

Don’t worry, be Happy

Oh I can’t ________________ or find some rest

______________ tries to get my best

But don’t worry, be happy

‘Cause when you worry, your face will frown

And that will bring everybody down

So don’t worry, be happy

It's time for me to give my all

My ________________ is intentional

So don’t worry, be happy

I can choose to be ________________

So I don’t have to ________________

I’m not gonna worry, I’m gonna be happy
Hope and Healing

Hope means different things to different people! Hope is the state of mind that believes and desires a positive outcome to situations in your life.

Step 1. On the page below with 'HOPE' on it, doodle or draw to fill in the page. This is meant for you to take time to focus on the act of drawing, whatever comes to mind. It can be inspired by the word “Hope” or just a doodle of squiggly lines to fill the page. Focusing on one activity can slow your mind and allow you to relax.

Step 2. Once you are done, read through the song lyrics below. Fill in the blanks and complete your version of the song: “Tomorrow Brings Hope” by Fleetwood Mac.

Step 3. Once you are done with your song, feel free to share your song with us. Simply snap a picture and send the image to cpam2@houstonmethodist.org. Our Music Therapists will record a song and send one back to you.
HOPE
“Tomorrow Brings Hope”
Sung to the tune of Don’t Stop Thinking About Tomorrow
by Fleetwood Mac

Written by: ____________________________________________
(your name)

If you wake up and don’t want to ____________________________
(something you normally love to do)

If it takes just a little while,

Open your eyes and ________________________________________
(a positive coping skill)

You’ll see things in a different way

Don’t stop _________________________________________________
(something nice you can do for another person)

Don’t stop _________________________________________________
(something nice you can do for yourself)

It’ll be better than before. Yesterday’s gone, hope is here.

Why not think about _______________________________________
(a person who means a lot to you)

And not about ______________________________________________
(something that is troubling you today)

If your life was bad to you, just think what tomorrow will do.

Don’t stop _________________________________________________
(something nice you can do for another person)

Don’t stop _________________________________________________
(something nice you can do for yourself)
What a Wonderful World

Despite the circumstances our world is facing here and now, there are so many beautiful, wonderful, and amazing things about the world we live in. There is the scenery, creatures of all kinds, inspiring people, and so much more. Follow the directions below to help you remember the wonderful things in our world.

1. Scan the QR above and listen to the song “What a Wonderful World.”

2. Choose/print a mandala that represents the wonderful world you live in.

3. Think about those wonderful things in the world that you experience.

4. Color the mandala and write a word(s) in the spaces to express what is wonderful in your world. (Ex: family, kindness, pets, sun, garden, etc.)
Heart Treasure Map

When we routinely practice positive thinking, our brain makes connections that support further positivity. We come to see the world in a more optimistic way, and over time find we are naturally more positive. Research shows when you spend a few minutes each day focusing on being grateful, your brain starts to develop a pattern of scanning the world for positives rather than negatives after only three weeks.

Set aside a moment today to think positive. Draw a picture of all your heart’s treasures – literally. Fill in the heart shape on the following page with the things you desire, dream of, and love. You can find photos, color each section or simply assign a section to each corresponding desire. However you do it, your heart will be full by the time you finish this exercise. Once you are done, hang the heart in a place you can easily view throughout the day and when you are feeling pessimistic, glance at your heart and remember all of the positive things in your life.
Heart Treasure Map

Step 1. Draw lines on the heart randomly

Step 2. Label your heart sections

Sleep  |  Family
Nature |  Coffee
Cat Videos |  Running
Tacos |  Houston
Friends |  Art
Cuddles

Step 3. Draw, color, or paint your sections
Photography Reflections

One way to process your thoughts and feelings throughout the day is to spend time reflecting on how your day went and how different moments made you feel. Photography is an artistic way to both capture memories and reflect on a moment. In our current environment, you can use art as a tool to help you relax and reflect on your day. What does it mean to reflect and why is it important to allow your self time for this right now? Reflection is a process of exploring and examining ourselves, our perspectives, attributes, experiences and actions / interactions. It helps us gain insight and see how to move forward. It is a way for us to understand our thoughts and feelings, to allow us to process what we are can endure and remain strong though tough times. Think about what these moments captured through photography could remind of us in a month, a year, or a decade from now.

Photography focuses one’s viewpoint on the here and now and away from stress. Set aside a moment each day to walk around and find the things on the scavenger hunt below to reflect on yourself, your feelings, and your surroundings. You can use any camera, even your phone. Share your images with us!

Save all of your images together and take a moment to reflect on them. Is there something that ties them all together or are they all completely different? How do you feel looking over these images? Do you have a favorite image? Why is this image your favorite? Don’t forget to share your favorite images to be included in an online exhibition to cpam2@houstonmethodist.org!
Photography Scavenger Hunt

You may not live in a rural area, so you can try a park if you're a city dweller, a walk around your block or even photograph around your house. On your walk, make sure to keep an eye out for these things:

- **Happiness**: Take a photo of something that makes you happy. Is it a moment, a person, a flower? While you frame the photo in your camera, think about why this makes you happy.
- **Capture light**: What brings light into your day? Is it a window that gets morning light, an interesting light fixture in your house, or your pet? **TIP!** Instead of photographing the lights source directly straight on, find a different angle!
- **Tranquility**: What is tranquility to you? This could be a scene, a space or any other way you envision tranquility.
- **Close-Up**: Practice your Micro Photography! Get up close to an object and try to focus your camera on the details. While you are focusing, take a moment to scan the object and find the most interesting details.
- **Something Surprising**: While on a daily walk or walking around your house, look for something you have never noticed before. There are little details all around us that we can find by slowing down and observing our surroundings. How were you surprised by this?
- **The Funniest Thing You Can Find**: Find the humor in the world today. Create a funny scene or capture the moment when your pet makes a crazy face! Be on the look out for ways to laugh.
- **A Very Relaxing Place**: Take a photograph of your favorite place to relax. Think about the composition of the space. What makes this a relaxing place for you? Is there anything you can add or change to make it more relaxing?
- **Self-portrait**: Try to capture your own image but think about it in a different way that is not just a selfie. Can you capture your shadow or silhouette? What represents you?
Breathing to Music

Research shows that deep breathing can reduce your fight or flight response. By breathing more deeply you can break the cycle of panic. Breathing exercises can help reduce tension and relieve stress, thanks to an extra boost of oxygen. While shallow breathing, a marker of stress, stimulates the sympathetic nervous system, deep breathing does the opposite and helps us to calm down.

What's more, breathing exercises have been proven to support the systems that can be harmed by stress. A moment of silence with just deep breathing can reduce blood pressure and may even be able to change the expression of some genes. Everybody has an overwhelm point. It is different for everyone. Many of us just keep pushing through the stress but our goals of accomplishment and productivity become much harder to achieve in this state. With the simple act of deep breathing, you are combating those stress responses and putting your body in a healthier place to better cope with whatever is to come (Grossman & Grossman et al., 2001).


Diaphragmatic Breathing

To perform this exercise while sitting in a chair:

1. Sit comfortably, with your knees bent and your shoulders, head and neck relaxed.

2. Place one hand on your upper chest and the other just below your rib cage. This will allow you to feel your diaphragm move as you breathe.

3. Breathe in slowly through your nose so that your stomach moves out against your hand. The hand on your chest should remain as still as possible.

4. Tighten your stomach muscles, letting them fall inward as you exhale through pursed lips. The hand on your upper chest must remain as still as possible.

Note: You may notice an increased effort will be needed to use the diaphragm correctly. At first, you'll probably get tired while doing this exercise. But keep at it, because with continued practice, diaphragmatic breathing will become easy and automatic.
Now Let’s Breathe To Music

1. Find a quiet, comfortable place where you can relax (a chair, a quiet room or a sofa)
2. Please refer to the music playlist below in order to stream the chosen songs from your computer or phone.
   a. Scan the QR Code in order to listen to the song directly from your phone
   b. Open the camera app on your smart phone
   c. Hold your device steady for 2-3 seconds towards the QR Code you want to scan.
   d. Click on the notification to open the content of the QR Code.
3. Play the song and begin:
   a. Breathe in through your nose for four beats (A beat is how you would tap your foot or toes to the music)
   b. Hold your breath comfortably for four beats
   c. Exhale your air through pursed lips for 8 beats or until all of your air is gone
   d. Repeat for the duration of the song
4. If you find yourself struggling to hold your breath for 4 beats, you may halve the exercise by breathing in for 2, holding for 2, and exhaling for 4 beats.
5. If you find yourself feeling dizzy at any point, please stop the exercise and resume normal breathing

Instrumentals to Breathe to (60-80 BPM)
Music for wellness is the use of music that allows individuals to experience the scientific health benefits of recreational music activities. Music works with your body to make small alterations that can improve your mood, lower your blood pressure, and even reduce your ability to feel pain. For example, by releasing dopamine, music can improve your mood in as little as 15 minutes. Take a listen to one of the curated playlists below to brighten your mood, increase productivity or relax and de-stress from the day.

Instructions:
1. Using the camera function on your smartphone or device, scan the QR code below.
2. A link to the playlist will automatically pop up on your device, click the link to open the webpage.
3. You may need to push play to start the music.
After listening, answer the following questions:

1. What playlist did you choose and why?

2. What word/phrase describes your mood BEFORE listening?

3. What word/phrase describes your mood AFTER listening?

4. How did this playlist help you today?

Let us know if this was helpful to you by giving the playlist a thumbs up or thumbs down in YouTube.
The following pages provide links and QR codes to a variety of guided meditations, informational videos and music for relaxation.
Video Guided Meditations

Use the QR code below to access videos of guided meditation lead by one of Houston Methodist's Music Therapists.

Houston Methodist Center for Performing Arts Medicine Music Therapy Department has provided these guided meditations as relaxation and de-stressing aids. They do not constitute a replacement for medical or psychological treatment and Houston Methodist neither expresses nor implies any claims to the contrary. If at any point during the guided meditation you begin to experience pain or discomfort, please stop the meditation and confide in a trusted friend, family member, medical staff person, or colleague.
Tools for Perseverance

Use the link below to access educational videos on the science behind using music to identify and move through emotion. These informative videos were created by the Houston Methodist music therapists in conjunction with the Academic Medicine team. At the close of each video you will receive instructions on creative ways to build awareness of and process difficult emotions.

Episode 2: https://bit.ly/CPAMNameItToTameIt
Guided meditations- Use the QR code below to access videos of guided meditation lead by one of Houston Methodist's Music Therapists.

The video at the link below offers some relaxing hymns performed by CPAM Pianist, Dehner Franks, set to photographs made by Houston Methodist employees.
https://www.youtube.com/watch?v=u7DAfGxBSFw

Find more videos by visiting the Center for Performing Arts Medicine on Youtube
https://www.youtube.com/channel/UC3IEyx7yaVsEGbxM18NvqRw

CCTV Mindfulness and Relaxation
Participate in Research!

Classical Music For Relaxation

Plato championed the divine power of music in The Republic: “Music is most sovereign because rhythm and harmony find their way to the inmost soul and take strongest hold upon it, imparting grace.” Clinically, music acts as a powerful modulator of the human stress response by altering the stress hormone and cytokine productions. Neurologically, fMRI data has shown that it may help repair stress-induced disconnect between the amygdala (emotional center) and frontal lobe by increasing blood flow between these two regions.

Dr. Mei Rui--CPAM research scientist and Bronze Medalist of the 2015 World Piano Competition--has recorded relaxing music composed by CPAM director Todd Frazier, Bach, Beethoven, Brahms, Mozart, Schumann, and Rachmaninoff to help you de-stress and rejuvenate during these times of acute stress. This web-based music-listening segment of our IRB-approved study (PRO00024163) takes less than 20 minutes. You will be asked a few background questions prior to the music listening. After you complete the 15-minute music intervention, please continue onto the final 6 short questions. If you have any questions or comments, or would like to enroll in a defined music intervention to improve your sleep, please contact Principal Investigator Dr. Mei Rui at mrui@houstonmethodist.org. Please join us in this musical journey of relaxation. bit.ly/cpamrelaxation
Compositional Elements of Relaxation

Music can heal the wounds which medicine cannot touch (Debasish Mridha), but not all music is created equal. We invite you to play a fun, 15-minute music-listening game created by researchers at CPAM to help us evaluate 16 Compositional Elements of Relaxation (eg. tempo, articulation etc.) hypothesized to play a role in your perception of relaxation. For example, tempo plays a critical role in entraining and synchronizing your heartbeats and breathing. Thus we hypothesize that musical rhythms pulsating at 60-80 beats per minute (bpm)--aligning with the human resting heart rate--exert the most relaxing impact on the listenings. This IRB-approved music-listening study will take 15 minutes. You will answer a few background questions, followed by music-listening questions, each containing 2 to 3 short music excerpts, from which you will choose the one that brings you the greatest sense of relaxation. The differences between the excerpts may feel obvious, or subtle and nuanced depending on your musical background.

We ask that you fully focus on the music listening without distractions (no TV, radio, or ambient noise). We also highly encourage you to use high-quality earphones or headphones, and perhaps listen with your eyes closed to optimize your listening experience. You can go back and forth between the questions, and listen to each excerpt as many times as you wish. After the final question, please click the SUBMIT button. You can access the survey at the link below or by aiming your smart device camera at the QR code and clicking the link that pops up on your device.

bit.ly/cpamsurvey

Thank you for your participation! If you have any questions or concerns, please contact Principal Investigator Dr. Mei Rui at mrui@houstonmethodist.org, or CPAM director J. Todd Frazier at jtfrazier@houstonmethodist.org.

You can find more music containing Compositional Elements of Relaxation at https://soundcloud.com/user-390883826
https://forms.gle/7n7yx7cchhJP7zDY8
Help us to better out wellness program by taking the time to use the QR code or link to complete a survey.

For questions, concerns, or requests contact: Jennifer Townsend
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