Music in the service of well-being

MUSIC

as a resource contributing to human well-being

Musical activities encompass a wide range of objectives: besides purely musical goals, music assists other objectives:

Diverse target groups are taken into consideration in the planning and realisation of concert programmes and projects.

Intentional use of music to further

- Physical
- Mental
- Social well-being

Operational environments of social and health-care work, i.e.

- Treatment of outpatients
- Rehabilitation units
- Hospitals and other institutions
- Work within associations and organisational activities

Very diverse terminology is used i.e.

- Care music
- Applied use of music
- Community music

Piggybacking music in various learning environments

For what purposes may music be used?

- Learning
- Rehabilitation
- Relaxation
- Retention of knowledge
- Recreation
- Team-building
- Adaptation
- Mitigation of mental stress
- Pain relief
- Emotional processing