



MINDFUL MUSIC

Making musical performances happen in places of healing, working, and learning

PARTNERS

- Mindful Music was founded in 2014 as a pilot project supported by the UCLA Healthy Campus Initiative.
- In 2015, it was established as a program of the UCLA Jane & Terry Semel Institute for Neuroscience & Human Behavior.
- In 2016, we partnered with Ronald Reagan UCLA Medical Center, Santa Monica UCLA Medical Center, Santa Monica Pediatrics Unit, UCLA School of Nursing, UCLA Arthur Ashe Health & Wellness Center, and the Office of Residential Life.
- Additionally, dozens of community members were involved including scientists, philanthropists, musicians, students, patients, children, facilities managers, hospital administration, wellness coaches, business consultants, public health experts, and local leaders.

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OVERVIEW

By bringing together existing resources, beautiful physical spaces, and emerging musical talent, Mindful Music was founded to uncover and share the health benefits of music through live performance, education, and research. As a part of the UCLA Semel Institute for Neuroscience & Human Behavior and the UCLA Healthy Campus Initiative, envisioned and supported by Jane and Terry Semel, Mindful Music has introduced



PROGRAM DETAILS

The day to day workplace environment, from college campuses to hospitals, is rushed with overwhelming amounts of pressure and work. Mental health is an often overlooked component of well-being, leading to high levels of stress and anxiety, often ultimately resulting in burnout. Mindful Music was created to address the monotony of daily life and offer musical performances as a break amidst the stresses of school and work.

The concept behind Mindful Music features elements of music therapy, while serving a different purpose: by targeting segments of the campus community as “the patient in need,” without a prescription or clinical assessment, Mindful Music eliminates the requirement for individuals to identify themselves as a “patient.” The program is systematically built into the day between meetings and during the lunch hour. Live music is used as a vehicle to bring people together in the moment. In times of high stress, suffering, and discomfort, the power of live music can be the uplifting relief every person is searching for. By connecting seemingly unlikely fields of healthcare and music, Mindful Music is dedicated to spreading the power of live music into places of learning, working, and healing on a global level.





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RESOURCES

- Read: "A cure for the soul? The benefit of live music in the general hospital," by Moss, Nolan and O'Neil.
- Watch: The [TedXUCLA](#) titled "The Power of Music in Unexpected Places" by Dalida Arakelian, available on YouTube.
- Request: The Mindful Music Press Kit and program research data via email.

REFERENCES

1. Thoma, M; La Marca, R; Bronnimann R, et al. The Effect of Music on the Human Stress Response. (2013) *PLoS One*. 8(8): e70156.
2. Nilsson, U. The anxiety and pain-reducing effects of music interventions: a systematic review. (2008) *AORN J*. 87(4):780-807
3. Maratos, AS; Gold, C; Wang, W; Crawford, MJ. Music Therapy for depression. (2008) *Cochrane Database Syst Rev*. (1): CD004517.

Mindful Music uses an interdisciplinary approach to create, design, and implement musical experiences for wellness & healing. The three components of our method are: facilitating meaningful experiences with music, communication design & strategy, and research & education.

Our method involves ensuring an appropriate match between the musical talent and selected environment with a specified population type. By testing a variety of environments over 4 years, from dining halls to student centers to outdoor hotspots, we gathered an understanding of how an audience will react and behave around the musical performance.

DATA SNAPSHOT

Music therapy has been an effective intervention for reducing stress levels, based on subjective patient responses as well as measurement of cortisol responses.¹ The benefits of music therapy have also been shown to reduce pain and anxiety,² and to improve mood in patients with depression.³

Feedback forms, a preliminary scientific survey scale, video interviews, and observational findings were used to evaluate the initial program. After live performances, we administered a survey composed of two questions that retrospectively asked for self-reported levels of stress before and after the performance, in addition to a four-question abridged version of the Perceived Stress Scale. 331 subjects were included in the study from January to June of 2015. We found significantly lower stress levels after the performance compared to before (Cohen's $d = 0.97$). Significant differences in stress levels by race were also found, notably highest in subjects identifying as black.

PROCESS INSIGHT

- In the beginning, we faced resistance to having live music performances on campus, due to sound policies and the potential of an audience member not being a fan of the genre in a specific space. Our solution was to build relationships with our partners and demonstrate the benefit for the community, by striving to make improvements at each performance opportunity. Getting the campus community on board with this project took time and patience. We learned that involving and empowering our community in every step of the process was key.
- Developing a clear and identifiable brand and messaging helped us become easily recognizable and reputable on campus.



