

GET INTO THE GROOVE

Listen to music to enhance wellbeing, increase positive emotion, reduce symptoms of depression and connect with others.

Music Listening

Music engages many domains and senses beyond just hearing, including memory, thinking, movement and emotion in multiple areas of the brain; making it an accessible and impactful support for our mental wellbeing as we age.(1) Music spans centuries, cultures and age groups and can move and maintain emotion, relieve stress, energise, uplift and soothe.(1, 2) Regular music listening has been shown to improve quality of life.(3, 4) Listening to certain types of background music like Mozart has the potential to enhance cognitive abilities.(5) For those who are caregivers, listening to music can help reduce stress and anxiety.(6) Sharing music with the person in their care has the potential to enhance relationships.(7) Even talking about music can be an important part of musical engagement especially when shared with others.(7) Technology can support and enhance music access and participation for older people who can then more personally curate their music choice.(3) Listening to your favourite music can even increase hand grip strength.(8) Of course listening to music is a great way to get moving and motivated to exercise with benefits for heart rate and blood pressure measurements.(6)

GOLDSTER★ **Points and Evidence Levels for this Activity**

Domain	Impact Strength	Points	Information on Evidence	Evidence Type	Evidence Level
Physical	Mild	1	In healthy older people, music listening has been associated with a mild impact on improved wellbeing and quality of life.(9)	Systematic Review	Low
Cognitive	Mild	1	In healthy older people, music listening has been associated with a mild impact on transient improvement in cognitive performance.(1, 6)	Critical Review	Low
Emotional	Medium	2	In healthy older people, music listening has been associated with a medium impact in reducing symptoms of depression, improving psychological wellbeing and increasing positive emotion.(1, 9, 10)	Systematic Review, Review, Survey	Moderate

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THE ART OF LIVING

Creating art helps to improve sense of wellbeing and benefit mental and cognitive health.

Visual Arts

Visual arts include painting, drawing, crafts, design, photography, sculpture and textiles.(1) Engagement in the arts involves creative imagination, appreciation of beauty, activation of the senses, arousal of emotion and cognitive stimulation.(1, 2) Art-based activities have been shown to contribute to self-discovery and self-expression; benefit relationships, social interaction and connection; and give a sense of achievement in creating and discovering new creative skills.(2-4) People who engage in arts and crafts in communities have shown to have a better sense of wellbeing, which in turn has been associated with increased enjoyment of eating healthy food and doing regular exercise.(1) Making visual art not only has the potential to enrich one internally but also encourages connectivity with the world, through connection to nature and maintaining relationships with those close to one as well the community.(2) Training in visual art has also been shown to be associated with short term improvement in visual processing and auditory response.(5)

GOLDSTER★ **Points and Evidence Levels for this Activity**

Domain	Impact Strength	Points	Information on Evidence	Evidence Type	Evidence Level
Physical	Mild	1	In healthy older people, arts and crafts-based activities have been shown to have a mild beneficial impact on wellbeing.(1)	Review	Low
Cognitive	Mild	1	In healthy older people, art training has been shown to have a mild beneficial impact on visual processing and auditory response.(5)	Trial	Low
Emotional	Mild	1	In healthy older people, art has been shown to have a mild beneficial impact on mental health in older people.(6, 7)	Review, grey literature	Low

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