



Melodies for a Healthier Heart and Body

Dr. Latrice Gettings

Purposeful Pathways Consulting Services

Greatest Hits

SCHOOL MUSIC

Playlist

01. Take Me To The King - Tamela Mann

02. Rain On Us - Earnest Pugh

03. I Trust You - James Fortune & FIYA

04. How Great is our God - Jonathan Nelson

05. I understand - Smokie Norful

06. Burn It All Down - Lexi

07. Life & Favor - John P. Kee & New Life

08. Awesome - Pastor Charles Jenkins

09. Jesus - Le'Andria Johnson

10. I Believe - James Fortune

11. It's Not Over - Israel & New Breed

12. Friend of God - Israel Houghton

13. I Surrender All - William McDowell

14. Moving Forward - Israel Houghton

15. He Wants It All - Forever Jones

16. Here I Am To Worship - Israel Houghton

17. Speak - Myron Butler





Today's Agenda

Briefly discuss the brain and music

Discussion about the body and music

Potential health risks on the brain and body

Benefits of music on the brain and body





Dr. Latrice Gettings

Consultant

WORK EXPERIENCE

- Owner of Purposeful Pathways Consulting Services
- Over twenty-five years in the field of education
- Taught in preschool - higher education
- Presented at various conferences

Let's Start the Class with This Good Quote!

“We can't always change what's
happening
around us, but we can change
the type of music to soothe our
well-being.”

Dr. Gettings





*DJ Cassidy's
Pass
The Mic.*

BET★ MOTHER'S DAY EDITION



BET★

Music Exercises Your Mind and Heart

As music enters your brain, it releases dopamine which is a neurotransmitter that makes you feel happy.



According to John Hopkins, listening to music can exercise your brain as you continue to age.

The frontal lobe is used in thinking, planning, and decision making.

Music is impactful to the frontal lobe because the more one listens to it; the more enhance their functions.



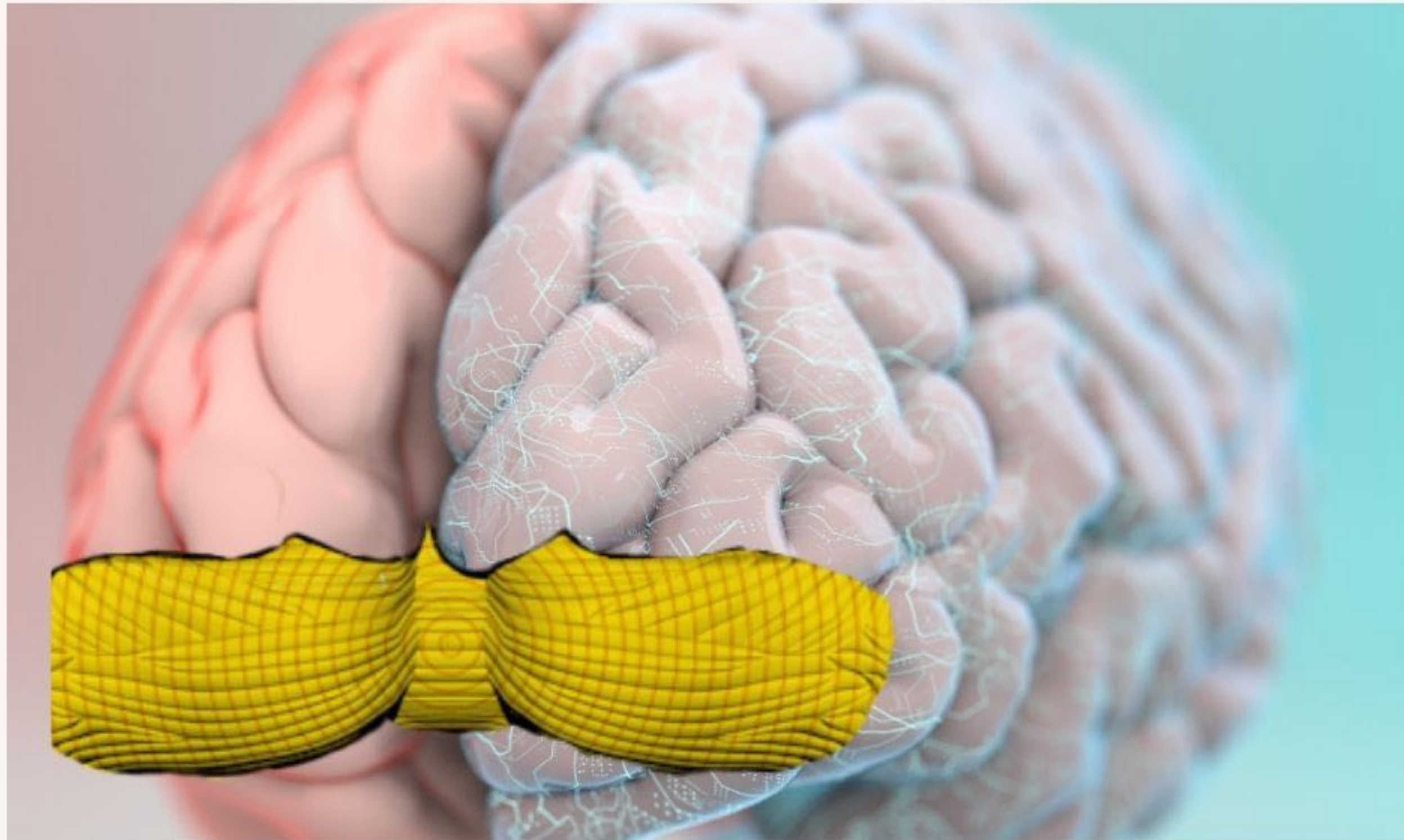


what's
going on
MARVIN GAYE



REMASTERED FOR CD
AND REISSUED BY
DAVID VAN BUREN

**The cerebellum
coordinates the
movement.**

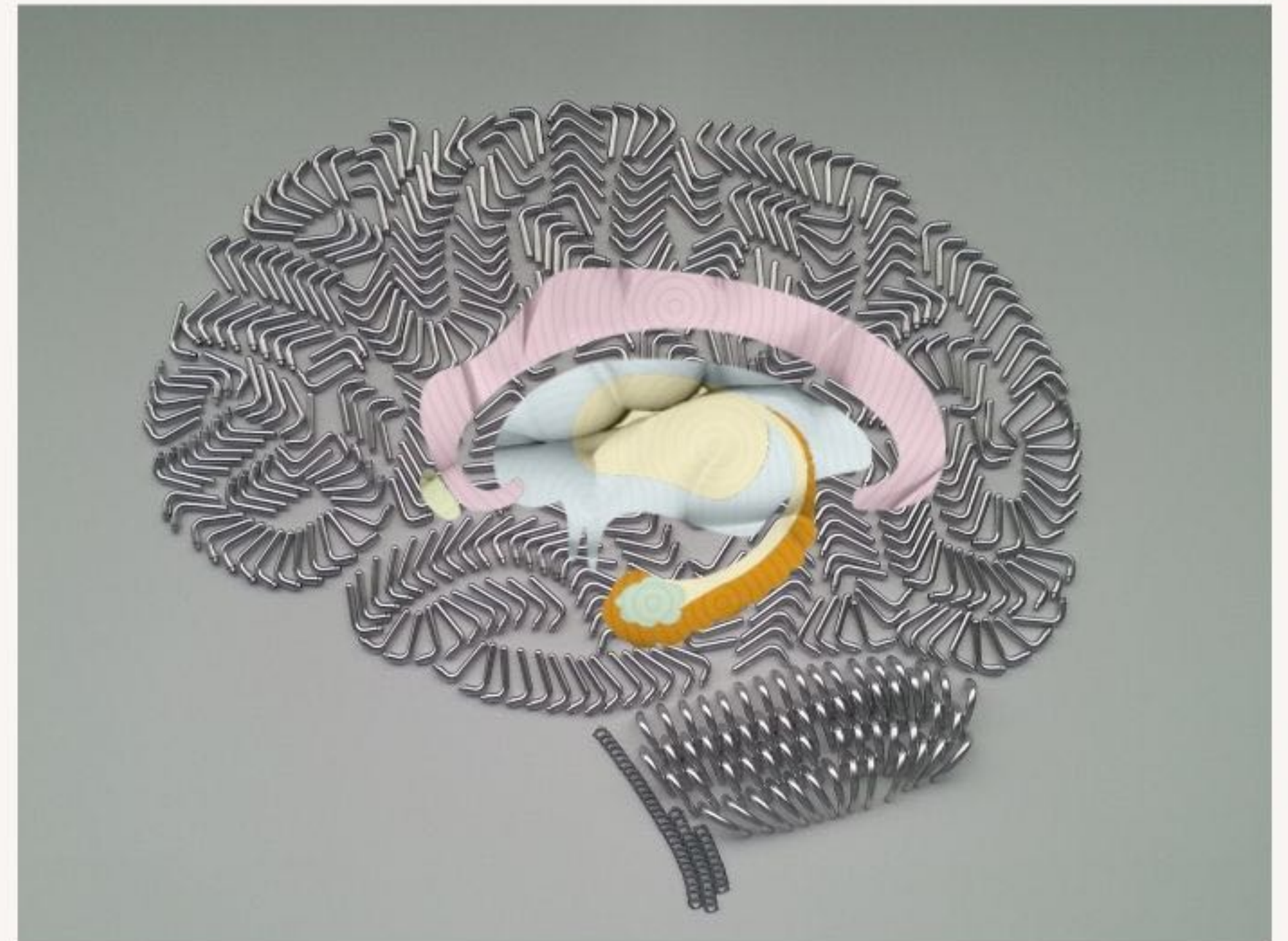


**Music becomes a muscle
memory which enables
Alzheimer's patients who
may not recognize their
spouse be able to play
the piano.**



The hippocampus produces and retrieves memories and regulates emotional responses. This is considered the central processing unit of the brain, and one of the first regions to be affected by Alzheimer's disease.

Music allows for the production of new neurons and improving memory.





Benefits of Music for the Mind & Heart

01

Reduces Anxiety, stress, pain, symptoms of depression, and blood pressure

By learning how to use different songs and melodies while being more choiceful about when to think about what, we can rewire our brains to reduce stress, pain, depression, and anxiety

02

Improve mood, mental alertness, cognitive motor skills, and memory

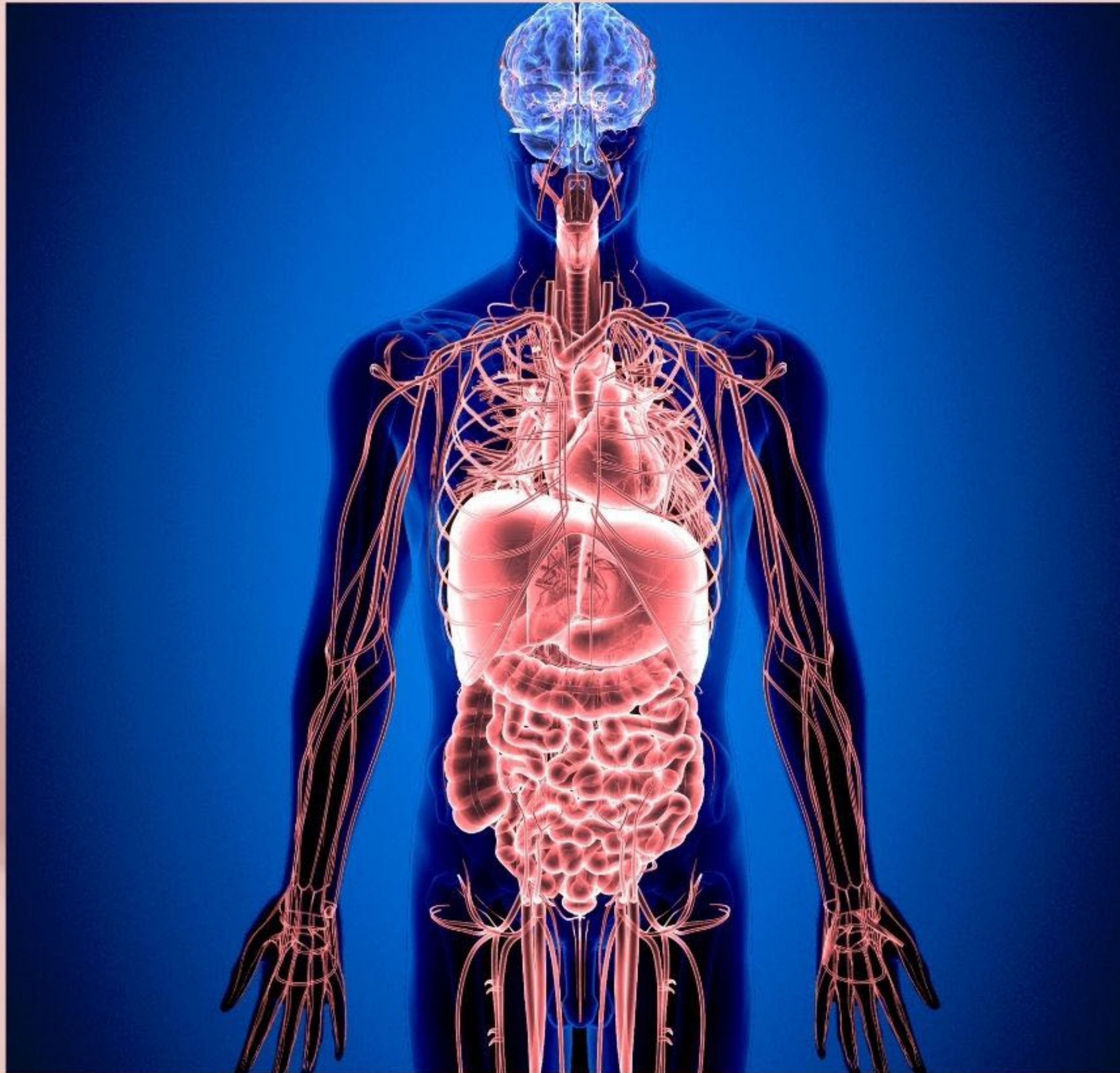
Music causes you to pour your attention on the lyrics, music, and melodies. It activates the right and left brain.

03

Intervention

Music interventions are found to improve your mind, health, and well-being.

Music helps with physical problems like pain, reduce heart rate, and breathing rate. It can be a stimulant and relaxer.







Smooth Jazz

Benefits of Music for the Body



04

Heart Healthy

Blood flows more easily when music is playing

05


Ease Pain

Music assist with pain management by providing a strong competing stimulus to the pain signals that enter the brain.

06

Endurance

Music can motivate you to move; the higher the tempo, the faster and longer people tend to move.



What's Your Feeling Now?

Anxious

Calm

Stressed

Excited

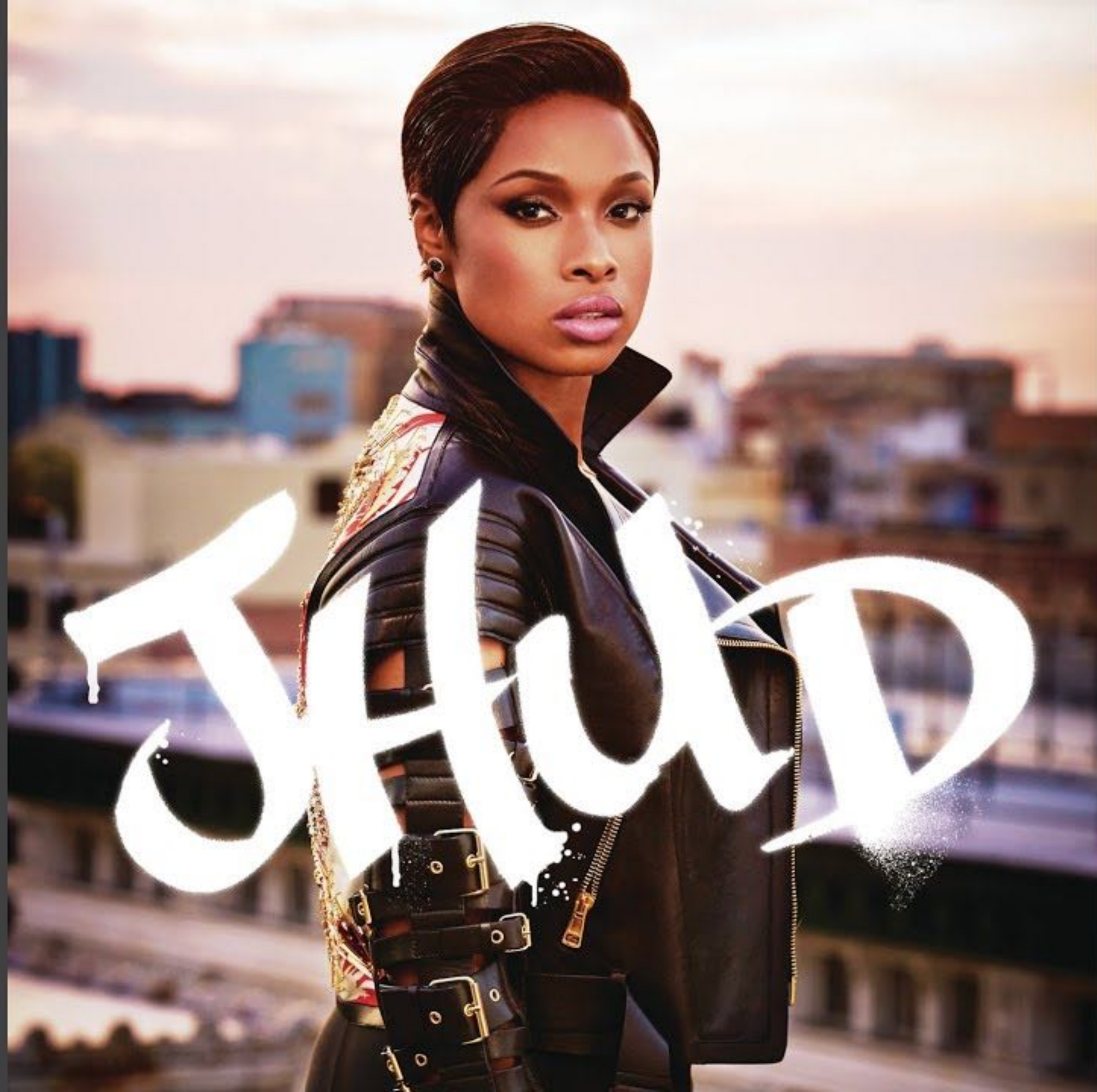
Sad

Happy

Bored

Worried







vevo

An illustration featuring a large, smooth, grey rock as the central element. On the left side, a person is sitting on the rock, wearing a black long-sleeved top, orange pants, and black shoes. To the left of the person, there are stylized orange leaves. To the right of the rock, there are more orange leaves and a cluster of purple dots. The background is white.


Self Awareness

Please Describe Your
Feeling

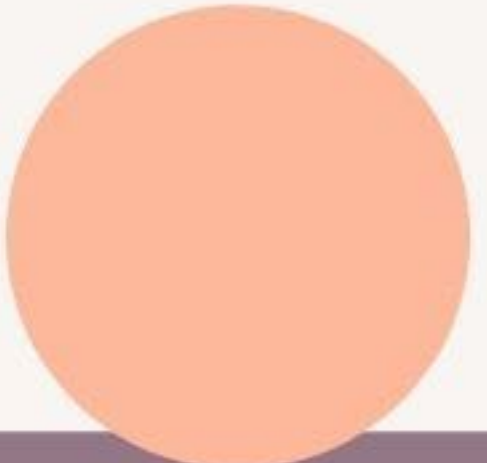
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Some Steps to Prepare your Heart, Mind, and Body When Listening to Music



Settle your mind
and relax your
body



Allow the music
to provide
comfort



Recall Fond
Memories



Process Difficult
Emotions

Let the Music Meditation Begin!

Listen to music for 30 minutes
everyday for a healthy heart,
mind, and body

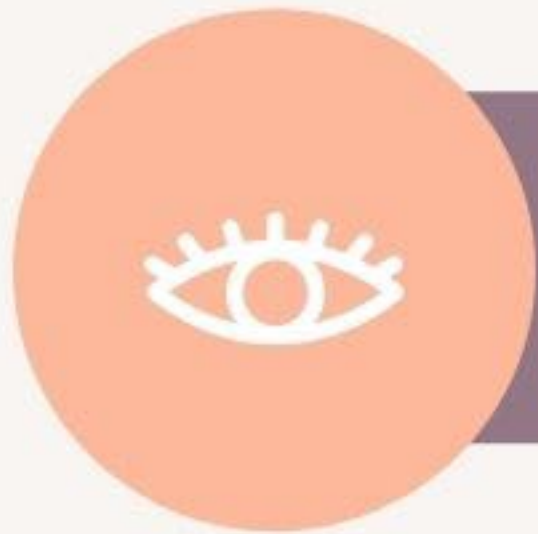




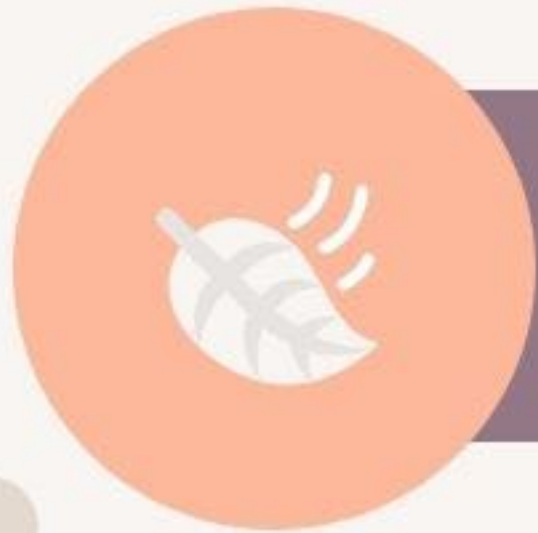
Follow This Instruction



Notice your legs, arms, and body

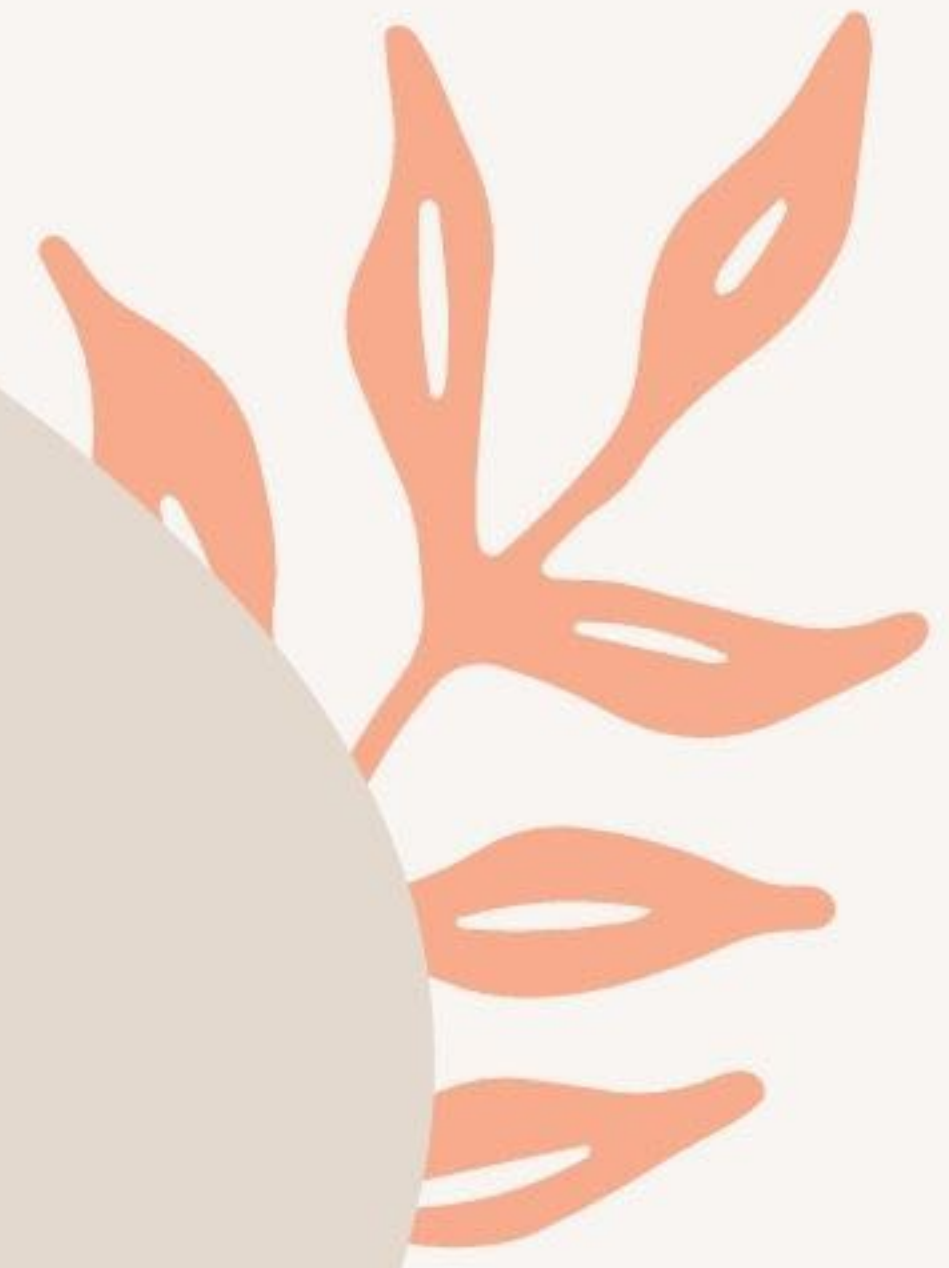


Soften your gaze; relax your muscles



Feel your breath





Self Check

Describe your Mood After
Listening to Music

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Advice

Be sure to consult with your physician if you are having chronic health concerns

Take the necessary steps to address your personal well-being

To gain the most benefits for a healthier body and mind, consider a combination of movement, healthy nutrition, fluids, sleep, and music

The more you practice mindfulness and incorporating music, the more regularly you will be able to achieve calmness in situations



Thank you!
**If you are interested in
additional information or
presentations, please contact me.**

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Best Days
DELUXE EDITION

TAMELA
MANN