

## Bibliography

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*If you have any questions or concerns, please call the CF Center for assistance: 212-420-4100*

*For further information you can visit us at any of the following:*

Website at: <https://www.mjhs Palliative Institute.org/>

Facebook at: <https://www.facebook.com/MJHS01>

Twitter at: <https://twitter.com/MJHS01>



# CF MUSIC Calming Factors: Music Unlocks Symptom Improvement and Change

Created by  
The MJHS Institute for Innovation in Palliative Care  
and  
The Cystic Fibrosis Center at Mount Sinai Beth Israel

## Welcome to Music Therapy

The Cystic Fibrosis Center (CF Center) at Mount Sinai Beth Israel has created this video program to help patients and their families improve their health using music therapy -- a mind-body strategy to reduce stress, increase feelings of calm or relaxation, and release tension, pain and discomfort.

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### *How will music therapy help?*

We want this video program to help you:

- Understand how music therapy can help you cope with symptoms and improve your self-care
- Learn about the specific benefits of music therapy for cystic fibrosis (CF) patients and their families
- Understand how you are able to influence your level of stress, mood, and even your behavior by your practice of these strategies – on your own or together with a loved one
- Learn skills that will help you cope with distress and physical symptoms

## Potential Health Benefits of Music Therapy for CF Patients and their Families

Music therapy has potential health benefits for all persons diagnosed with CF and their families, including those who are recently diagnosed, had CF for some time, or are adjusting to changes from new treatments

- **Increased relaxation**
- **Better sleep, and better coping with pain and fatigue**
- **Improve an individual's sense of mastery and self-control**
- **Progress toward achieving a better quality of life and adjustment to illness**



## *Exercise 1: Toning*

Toning is a technique that involves making gentle vowel sounds that send vibrations to different parts of your body. Toning is a simple and effective way to feel relaxed and strengthen the breath. It has been used for thousands of years in ancient civilizations worldwide. Toning may be helpful for strengthening muscles that have been compromised due to CF. We will help you understand toning, its benefits, and how to apply it. Our video will show you how to send sounds to your neck, heart, and diaphragm. **We recommend that you practice toning for at least 5 minutes every day.**

**Coughing:** You may cough more the first time you try the toning exercises. **If you experience prolonged discomfort, please contact your CF clinician.**



## *Exercise 2: Music Listening*

Listening to music reduces stress, improves mood, and produces feelings of creativity, inspiration, and happiness. Our program includes three different musical options: live classical music, ambient music, and live Latin guitar music. You can skip the parts you enjoy less or re-listen to the ones you enjoy more. We encourage you to find music that you like to increase your feelings of well-being, calm, and comfort. **We recommend that you listen to the music that you like for at least 10 minutes, two to three times a week or more.**



### ***Exercise 3: Music Playing***

Music playing can be an effective form of music therapy. You do not need to know how to play an instrument, or play it well. Whether you are a beginner or experimenting with simple rhythms, such as drumming or strumming, producing music and rhythm with your body relaxes you and releases tension.



***At the CF Center, we understand that you, or a loved one, may be coping with CF or other stresses.***

*We take an integrated team approach to the management of distress and CF symptoms. We believe that it is important to simultaneously address the multiple ways that individuals can experience these problems (physically, psychologically, socially, and spiritually). Our team includes physicians, social workers, nurses, and other experts to help you and your family members.*

*We have created this music therapy video program specifically for CF patients and their families. We encourage you to start this program today. Feel free to bring this guide with you to your next appointment at the CF Center so that we may address any questions or concerns, and better understand your experience to provide you with the most appropriate and comprehensive care possible.*

### **How does this video work?**

At the CF Center, we understand that you may be coping with cystic fibrosis (CF) while dealing with the normal stresses of work, school, and other day to day concerns. By learning about the strategies in this video, getting support from loved ones to apply them daily, and trying our suggestions to reduce stress, you will be better equipped for coping with these concerns.

We have created a 45-minute video with three different exercises that can help you cope with, and manage different emotional and physical symptoms. The first time you watch the video, we recommend that you watch the entire program. Once you get familiar with the different exercises, especially toning, you can decide whether you prefer to watch, just listen, or do both. You can go directly to any exercise that you like, or skip over anything you don't.

#### ***What should I expect?***

Each section of this program is designed to help you learn how to perform specific exercises and apply them in your daily life. This program does not contain a quick and easy fix for distress and symptoms, but it does encourage you to develop a clear and thorough understanding of how music therapy and toning work, their benefits for CF patients and families, and a plan for incorporating these strategies in your life.