

Press Release

21st April 2023

Music: A Restorative Power That Helps Reduce Stress

Can the power of music be used to reduce stress and boost our wellbeing? As we listen to music, it can pump us up, it can quieten us down, and it can help us to escape the stresses of life or handle them better. The application of music as medicine, as a practical and therapeutic aid, is a burgeoning field with new evidence emerging regularly.

A panel of experts in music therapy and stress management will be debating these issues at the next Online Masterclass hosted by the International Stress Management Association (ISMA^{UK}), entitled *How the Power of Music Can Reduce Stress and Boost Our Wellbeing*, and being held on the evening of Thursday 27th April. Music offers many benefits, and its use in stress management and general mental health is now beginning to be studied seriously. Music seems to reduce stress levels, both as preparation before being involved in a stressful situation and as an aid to recovery. Studies have also shown that singing lowers stress levels and it's been shown to boost the immune system.

George Bell is one of the panellists and he said, "I'm delighted to be involved in this event, as someone who is devoted to creating musical experiences for businesses, communities and individuals, enabling them to tune in, connect, and take care of their wellbeing". April Heade, a producer at Welsh National Opera and coordinator of Wellness with WNO, will explain the success of breathing exercises and vocal techniques used in the programme and how they have promoted positive changes and improvements in the overall wellbeing of those taking part.

Nick Woodeson, a coach, trainer and musician who also joins the panel for the Masterclass, commented, "We hope our discussion will help all those who experience stress in their lives to use music more consciously than they may do now, to relieve stress and enhance mental health". Lyz Cooper completes the panel as an expert in sound therapy; she will talk about the limitless potential of sound therapy and music, as someone who has herself experienced the life-changing benefits of music in improving wellbeing and works with various organisations to bring therapeutic sound and music into the mainstream.

Carole Spiers, Chair of ISMA^{UK}, said, "We are delighted to be hosting this Masterclass focused on discussing the ways in which musical experiences can help businesses, communities and individuals take care of their wellbeing. In an era when stress levels are continuing to rise, much more may be possible if the restorative powers of music are harnessed to reduce stress and benefit wellbeing."

The Masterclass will include a playlist of examples of classical and other pieces that the panel have specially chosen, which enable people to relax and unwind.

ENDS

Notes for Editors

- ***How the Power of Music Can Help Reduce Stress and Boost Our Wellbeing***
For more information on ISMA^{UK}'s online Masterclass, being held on Thursday 27th April, go to <https://isma.org.uk/monthly-masterclass-events>. Places may be booked in advance on [Eventbrite](#) and are free to ISMA^{UK} members. Non-members are asked to pay £10 per event.
- **George Bell** is the Co-Founder of On:song, which works with organisations across the corporate, creative and healthcare sectors to give everyone access to group singing and understand the positive impact it has in improving social, physical and mental health. <https://www.onsong.co.uk/>
- **Lyz Cooper** is the Founder of the British Academy of Sound Therapy and a thought leader in the sound therapy field. She is co-founder and director of the Therapeutic Sound Association - the first representing body of therapeutic sound in the world. <https://www.britishacademyofsoundtherapy.com/>
- **April Heade** is a Producer at Welsh National Opera who coordinates the Wellness with WNO programme, launched to support people living with symptoms of Long Covid. After extremely positive findings, showing that over 150 participants benefited from the sessions devoted to singing and breathing techniques, the programme, supported by Arts Council Wales, is being expanded across all NHS Wales Health Boards. [Wellness with WNO | WNO](#)
- **Nick Woodeson** is a coach and trainer who helps people and organisations to handle pressure and progress through change. He is also a lifelong amateur/ semi-professional musician who has written about how music can help us manage stress. <https://www.living-balances.com/>
- **Dr Laura Ginesi** is a physiologist, author, and a Fellow of ISMA^{UK} specialising in stress management for individuals and groups.
- **About ISMA^{UK}**
ISMA^{UK} is the leading professional body for workplace and personal stress management, wellbeing and performance, promoting sound knowledge and best practice in stress management, resilience, wellbeing and mental health for over 30 years. ISMA^{UK} practitioners and consultants provide stress management services to individuals and businesses, assisting around 40,000 people who need professional help with stress-related issues every year. ISMA^{UK} endorses and uses the HSE guidelines for managing stress in the workplace. To find out more about ISMA^{UK}, visit www.isma.org.uk.
- **Press Interviews**
For all press and media enquiries please contact Carole Spiers, Chair of ISMA^{UK}, for an immediate response on +44 (0) 77 688 78910 or at chair@isma.org.uk.