Music in the Post-COVID Era

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Music’s effects on our physical and mental health
These Are the Bedside Concerts Comforting Virus Patients

An I.C.U. doctor felt despair at how little could be done for the sick. Soon, she had musicians playing over the phone in hospital rooms.

Hospitals Play ‘Songs of Hope’ as Virus Patients Go Home

Anthems like “Don’t Stop Believin’,” the “Rocky” theme and “Every Breath You Take” have been adopted by hospitals to celebrate each victory in the battle against coronavirus.
https://abonews.go.com/Health/music-therapy-lift-body-soul-patients/story?id=40279975


http://www.oigc.org/
2019/11/13/10 ways to use music for stress relief
Good evening, Jen! Tomorrow is your next physical therapy session. Just wanted to remind you to bring your earphones and have your playlist ready to power through the session!

If you'd like any recommendations of new songs, reply "Y"!
Investors strive to get the balance right on deals in opportunity zones.
“I believe that music is an underutilized modality in healing and that it is essential for all clinicians not to lose sight of music’s unparalleled capacity to lift spirits, to soothe anxiety, and to reduce pain.”

-Dr. Richard Kogan
Additional Resources

- https://www.musictherapy.org/research/factsheets/
- https://njmusictherapy.org/
- http://www.amtas.org/

- Dr. Richard Kogan’s TedMed Talk
  - https://www.youtube.com/watch?time_continue=1&v=IbbrYbSwDnE&feature=emb_logo

- NJMS Virtual Cover of “Stand by Me”
  - https://youtu.be/OKojrIb3YqU

Thank you!!!