

主題 :從音樂中尋找快樂與健康



音樂與人之間不可分的親密關係？



- ◆ **柏拉圖**到**孔子**的古代哲學家和以色列統治者都歌頌音樂，並規定使用音樂來緩解壓力，恢復身心的和諧。人類的活動—包含生理及心理等活動，都與音樂息息相關。
- ◆ 大衛在音樂是一個優秀的人才，因此他能在掃羅宮庭中成為樂師（撒^上16:14）而當時的人已經發覺音樂能有醫治人心靈的作用，因此，當掃羅的心靈受撒但擾亂時，就召了一位善於彈琴的人來奏樂，那就是大衛。大衛彈琴幫助了掃羅的心靈平靜下來，這事成為「音樂治療」的佳話。[撒^上 16:14-19]

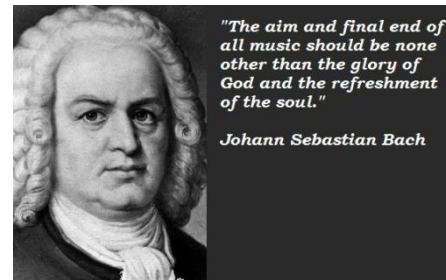
“Music
speaks what cannot be expressed
soothes the mind and gives it rest
heals the heart and makes it whole
flows from heaven to the soul.”



CELEBRITY QUOTES 名人語錄

- ◆ 德國作曲家舒曼（Robert Schumann, 1810-1856）曾說過：將光亮從人心靈的深沈中釋放出來，是音樂的神聖使命
- ◆ 揚名國際的日本指揮家小澤征爾（Seiji Ozawa）也曾提到：音樂最微妙的地方是它能牽動人內心各種不同的感覺；
- ◆ 德國哲學家尼采（Friedrich Wilhelm Nietzsche）的名言「沒有音樂，生命是一種錯誤」

音樂：表達關係著人的意念、知識、情感、理想等綜合性心理活動，是人們傳達某些難以用言詞表述的經歷。

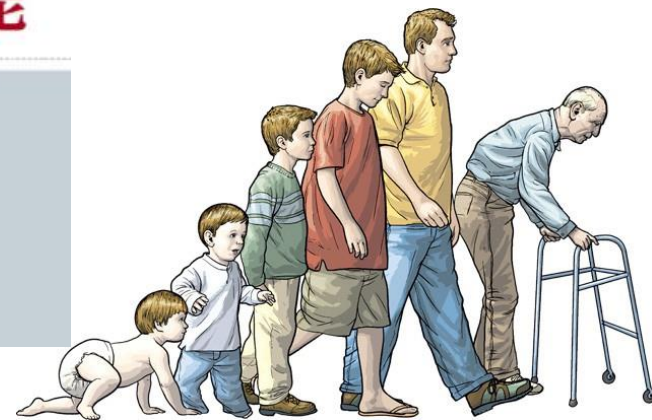


音樂和快樂有聯繫嗎？



聽音樂的功能

- 聽音樂能放鬆肌肉
- 聽音樂能讓情緒和緩
- 邊聽音樂邊運動，更有動力
- 聽音樂能連結回憶



THE EFFECT OF MUSIC ON OUR BRAIN AND EMOTIONS

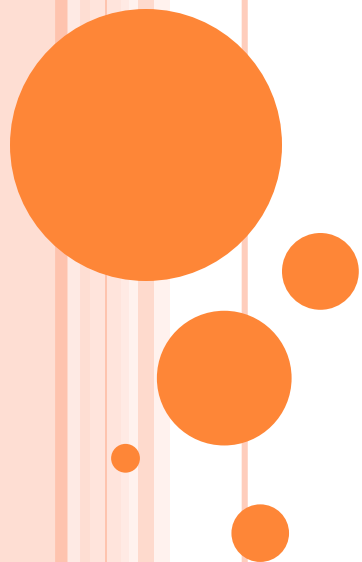
音樂對我們的大腦和情緒的影響



音樂的效應?



**HAPPY
MUSIC**



快樂與健康 = 長壽

Health is not everything, but without health, everything is nothing

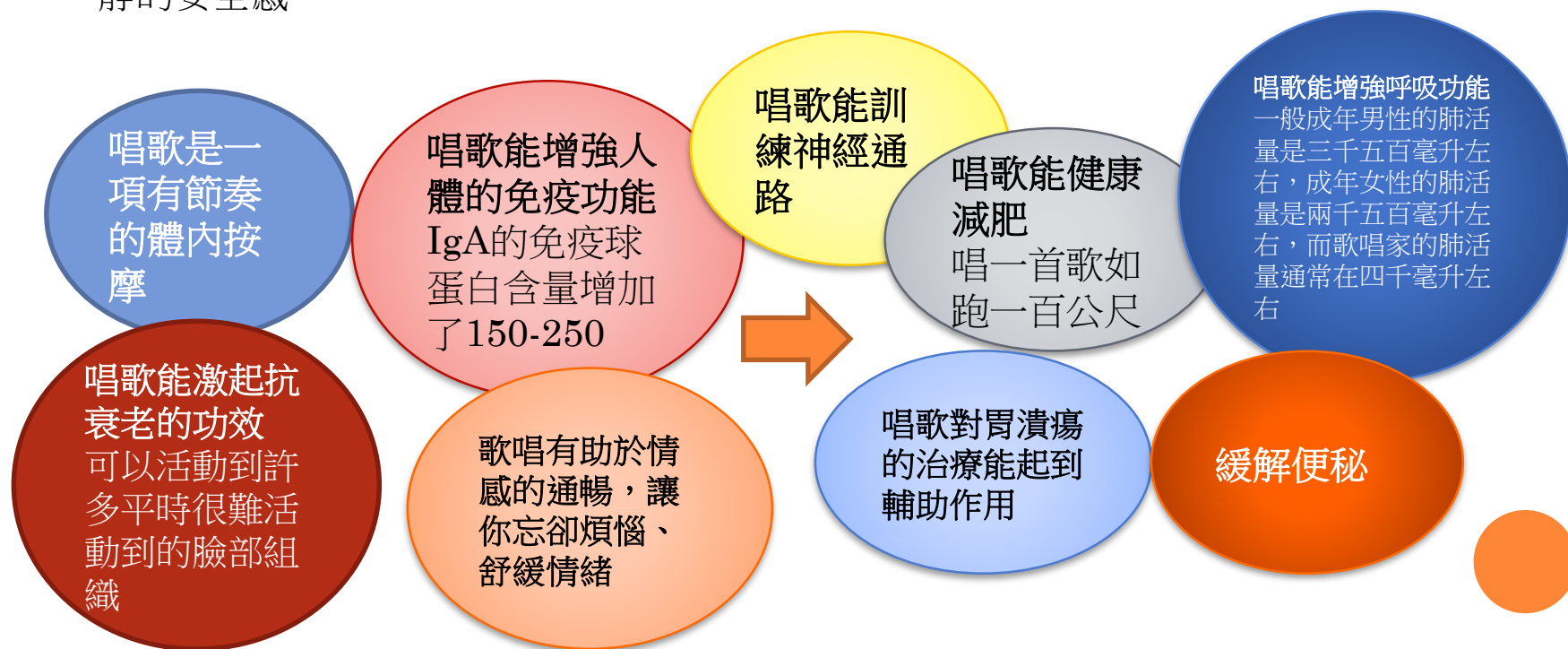
聯合國簡易長壽法

1. 唱歌
2. 跑步
3. 不要久坐
4. 吃薑黃
5. 減少卡路里攝取
6. 吃綠葉蔬菜
7. 擁抱
8. 吃花椰菜
9. 質與量的睡眠
10. 開心
11. 少吃糖
12. 保持鎮靜
13. 飲茶
14. 吃蘋果
15. 少看電視
16. 跳舞
17. 吃大蒜
18. 吃堅果
19. 保護牙齒
20. 大笑



賺到健康免花錢：醫界認同的唱歌好處

- ◆ 即使是覺得自己歌聲難聽的人，也都會唱歌。心理學家認為大聲歌唱對強迫症、抑鬱症的治療都有好處。因此大聲歌唱是一種特殊的心理療法。
- ◆ 歌聲就是運用人體內的氣息振動聲帶，因而產生的共鳴聲音。知名聲樂家蘇麗文說，「唱歌就是呼吸。」科學家及醫學專家們也證明，人們在唱歌時，大腦中會釋放出一種名為「催產素」「多巴胺」。此種荷爾蒙可以喚起滿足的心情，減少焦慮，增加平靜的安全感。



如何把音樂運用到未來的醫學領域

1. 中樞神經系統
 - a. 中風後
 - b. 巴金森氏症和退化性疾病
 - c. 各種傷害後的復健
2. 發育遲緩
3. 殘障教育
4. 生活中的紓壓止痛
5. 懷孕和分娩
6. 免疫疾病：氣喘、關節炎、癌症補助療法
7. 安寧照顧



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Opera

Last night a diva saved my life - home therapy from opera singers

Anxious? Stressed? A new art project sends singers to people's homes to ease their worries. Would an intimate performance help our writer deal with his fears about impending fatherhood?

sing up
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Singing and music help pupils to become **confident learners**, able to **apply critical thinking**. Musicians make great problem-solvers with creative minds.



Singing Is really good for you.

Singing works the respiratory system, so is good for the heart and lungs. It **triggers feel-good chemicals in the brain**, lifting our spirits. As well as this, some research has shown it can boost the immune system.

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Short-Term Improvement on a Visual-Spatial Task After Music Listening in Alzheimer's Disease

Julene K. Johnson PhD, Gordon L. Shaw PhD, My Vuong, Sydni Vuong & Carl W. Cotman

The Washington Post
Democracy Dies in Darkness

Sign In Try

Inspired Life

British doctors may soon write prescriptions for dance, art or music lessons


Exposure to the arts can improve patients' health and reduce costs, health secretary says

Most Read Lifestyle

1 Perspective

PERSPECTIVES

Mental Health Implications of Music: Insight from Neuroscientific and Clinical Studies

Shuai-Ting Lin , MD, Pinchen Yang, MD, Chien-Yu Lai, RN, PhD, Yu-Yun Su, RN, Yi-Chun Yeh, MD, Mei-Feng Huang, MD & ...show all

Pages 34-46 | Received 18 Oct 2009, Accepted 15 Mar 2010, Published online: 20 Jan 2011

 Download citation

SINGING PROJECT



唱歌活動



Fill yourself with good things : If you see someone without a smile, give them one of yours

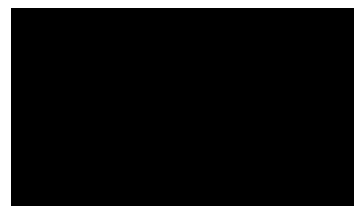


“Every time you smile at someone, it is an action of love, a gift to that person, a beautiful thing.”

Sponsored by 贊助機構
HSBC 滙豐

Organized by 主辦機構
基督教家庭服務中心
Christian Family Service Centre

CFSC
醫療 牙科 營養 服務
Medical Health





https://www.youtube.com/watch?v=_efGFBRmjuk

貝多芬是一位政治意識強烈的作曲家，正如其他少數的作曲家，執意的將自己的藝術訴諸於人類自由、公平正義、積極進取、社會脈動的議題。」

貝多芬第九號交響曲終樂章《合唱》，即《快樂頌》，就是在一片「自由、平等、博愛」的希望中所寫下的音樂史詩，之後也成了古典音樂領域中，不朽的最大公約數。



<https://www.youtube.com/watch?v=uKZXVP9WDXw>



<https://www.youtube.com/watch?v=N9-d1uTkGrg>



https://www.youtube.com/watch?v=sG_89ksRdnI&list=RDsG_89ksRdnI&start_radio=1

你快乐吗? 我很快乐
第一步就是向后退一步
你快乐吗? 我很快乐
只要大家和我们一起唱
快乐其实也没有什么道理
告诉你
快乐就是这么容易的东西
Don't worry be happy
你快乐吗?我很快乐
年轻的心能重覆用到老
你快乐吗? 我很快乐
一群人和我同样的调调

你快乐吗?我很快乐
常常觉得我自己很重要
你快乐吗?我很快乐
爱一个人让全世界知道
快乐其实没有什么道理
告诉你
快乐就是这么容易的东西
Don't worry be happy
你快乐吗?我想一下
快乐它到底是个什么东西
你快乐吗? 我要你管
那就让你自己去想办法
快乐其实没有什么道理
告诉你
快乐就是这么容易的东西
Don't worry be happy
快乐其实没有什么道理
告诉你...

意見？ / 提問？ / 查詢？

COMMENTS/Q&A



The only thing better than singing is more singing. Ella Fitzgerald

- The End -

