

BECOME A CRISIS ATHLETE™

UNDERSTAND YOUR BRAIN UP YOUR GAME

Have you ever heard a song and been taken back to a moment... remembering how you felt, what you saw, what you heard, what you smelled? Ever thought about **WHY** that happens? While new discoveries are made every day, neuroscientists currently believe there is no specialized “brain center” for music. Functional MRI imaging studies of people’s brains while they listen to music look like fireworks. Play an instrument? Your brain looks like a grand finale fireworks show. Music engages multiple areas throughout the brain, including those involved with cognition, emotion, memory, and connection, such as the pre-frontal cortex, cerebellum, and hippocampus. This is why we can remember sights, sounds, and smells when we hear a song. Our brains link our memories to music, which makes memories more accessible when you listen to familiar songs.

Research shows certain music can also assist in pain management, stress relief, social connection, traumatic brain injuries, and can shift our moods. Music can reduce cortisol levels and increase the release of the neurotransmitters oxytocin and dopamine, which create pleasurable sensations and strengthen communication between the nerves in your brain.

THE BOTTOM LINE: We can use the power of music to meet the continued challenges we face to manage our stress more effectively and improve our moods.

CREATE A SHARED PLAYLIST(S) with your colleagues/friends/loved ones. At the start of your next meeting allow 5-minutes to discuss a song(s) team members last listened to/or a recent favorite (take turns at different meetings if you have a larger team). Why did they select the song? Is there a story behind it?

ALLOW YOURSELF TO ENJOY MUSIC by focusing on the sounds you hear and the emotions they evoke. Let your mind take over as you move with the sound of music. Let yourself become aware of the feelings and sensations brought on by your current musical state – for a minute, a song, or more.

Feeling tired, stressed, unable to focus or concentrate? Play your favorite tune and **HAVE A ONE-SONG DANCE PARTY**. “Right now”... get your Command Center/EOC up and moving or grab your kids/pets/anyone at your work-from-home location. Music + Break + Movement = Simple. Easy. Powerful.

1 CONNECT WITH OTHERS

Connection is difficult in our virtual environments. Music can be a powerful tool to increase feelings of connectedness.

2 COMBINE MINDFULNESS WITH MUSIC

3 DANCE IT OFF

IAEM asked members for their favorite “Calm” and “Get Pumped” songs and why they selected each song.

CLICK HERE for the IAEMstrong Playlist on Apple®. **CLICK HERE** to listen on Spotify®.

While you listen to the playlist, remember you are connected to your emergency management colleagues.