



# Office Concert Wellness Research

Combining the information in the articles (below) suggests that an Office Concert, because it combines listening to music with taking a break from your desk/computer, may have an much stronger impact than either practice on its own.

To summarize, the research and articles support the following:

## Listening to Music

### Psychological Benefits

- \*Raises employee morale
- \*Increases productivity
- \*Improves creativity
- \*Increases focus
- \*Enhances performance (by reducing anxiety)
- \*Increases energy/elevates mood
- \*Improves social interaction/teamwork
- \*Reduces stress
- \*Improves job satisfaction

### Physical Benefits

- \*Strengthens immune function
- \*Enhances blood vessel function

### Taking a Break

- \*Increases productivity
- \*Improves creativity
- \*Increases focus and attention
- \*Enhances cognitive performance
- \*Increases energy/elevates mood
- \*Improves social interaction/teamwork (shared experiences)
- \*Reduces stress
- \*Improves job satisfaction

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# List of Articles

## Music

[http://www.nytimes.com/2012/08/12/jobs/how-music-can-improve-worker-productivity-workstation.html?\\_r=0](http://www.nytimes.com/2012/08/12/jobs/how-music-can-improve-worker-productivity-workstation.html?_r=0)

[http://www.prsformusic.com/SiteCollectionDocuments/PPS%20Studies/Music\\_In\\_workplace.pdf](http://www.prsformusic.com/SiteCollectionDocuments/PPS%20Studies/Music_In_workplace.pdf)

<http://pom.sagepub.com/content/33/2/173>

<http://www.mayoclinic.org/diseases-conditions/cancer/expert-blog/cancer-and-music/BGP-20056417>

<http://ezinearticles.com/?Music-in-the-Workplace&id=564815>

<http://www.businessweek.com/articles/2012-06-29/music-boosts-workplace-productivity-licensors-claim>

<http://www.medicalnewstoday.com/articles/258383.php>

[http://www.huffingtonpost.com/2012/04/09/music-and-health-11-ways-body-mind\\_n\\_1413241.html](http://www.huffingtonpost.com/2012/04/09/music-and-health-11-ways-body-mind_n_1413241.html)

## Music in Education

<http://learningmatters.tv/blog/web-series/discuss-the-value-of-music-education/9041/>

## Breaks

<http://www.nytimes.com/2012/06/17/jobs/take-breaks-regularly-to-stay-on-schedule-workstation.html>

<http://smallbusiness.chron.com/importance-employee-breaks-40680.html>

<http://www.webmd.com/balance/features/take-a-break>

<http://lifehacker.com/5919897/take-more-breaks-and-get-more-done>

<https://www.udemy.com/blog/time-management-skills/>