

EASTMAN PERFORMING ARTS MEDICINE

[Digital] *Care Package*

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The Science of Music as Stress Relief:

“Engaging with music is actively helping your autonomic nervous system to move from the stress response of fight, flight, or freeze into a more natural state of ease. The pleasure we take in the music causes the “reward” activity in the brain, sending out dopamine in response.

Dopamine is the same reward a runner gets, the 'runner's high' that athletes talk about.”

- Ralph F. Józefowicz, MD

Professor of Neurology and Medicine, URMC

Calming Music: Dr. Rosanne Moore, harpist with the RPO and teacher at the Eastman Community Music School, contributes a [podcast](#) of music she frequently performs at the hospital, and commentary on why she chose each work.

Words & Images: Although the **Memorial Art Gallery's** doors are closed, the art within can still inspire us. MAG is delighted to offer an image of one of the museum's best loved paintings by Claude Monet created early in his career, paired with a poem by Henry Wadsworth Longfellow written late in the poet's life.(next page)

(Gift of Marie C. and Joseph C. Wilson, 1991.35)
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Towing a Boat, Honfleur Claude Monet, 1864

The Tide Rises, the Tide Falls

by Henry Wadsworth Longfellow, 1879

The tide rises, the tide falls,
The twilight darkens, the curlew calls;
Along the sea-sands damp and brown
The traveller hastens toward the town,
 And the tide rises, the tide falls.

Darkness settles on roofs and walls,
But the sea, the sea in the darkness calls;
The little waves, with their soft, white hands,
Efface the footprints in the sands,
 And the tide rises, the tide falls.

The morning breaks; the steeds in their stalls
Stamp and neigh, as the hostler calls;
The day returns, but evermore
Returns the traveller to the shore,
 And the tide rises, the tide falls.