

# K·S Connections

March • 2020

## MUSIC THERAPY

In the last few weeks, our world has been turned upside down and inside out all due to the CoronaVirus.

Travel has been curtailed. Trade Shows have been cancelled or rescheduled. New York's theater district has been closed. Many businesses have directed associates to work from home. Disney Land, schools; the NBA, PGA, MLB, and NHL have all curtailed operations for the short term.

In our hobby/ industry, the most influential show we have, Munich, has been cancelled this year. North America's premier show, AXPOA, has been delayed until August.

All of this is occurring in an attempt to slow the spread of the virus. Less person-to-person contact will result in fewer overall cases.

So what are we to do with the extra time we will be spending at home? After our work obligations

are fulfilled, and since there is no commuting time, we should have time each day to do something we could not fit into our schedule before.

Perhaps it is some work around the yard. Or painting a room. Perhaps catching up on some reading.

For we music lovers, perhaps digging into our library to listen to some of our old favorites, or finally getting to experience a new piece of music, or a new cover of a golden oldie.

Many of these activities will also serve the purpose of soothing the soul in these turbulent times. A bit of diversion can do wonders not just in these times, but all the time.

However, as we probably all have already experienced, music will likely prove more effective at calming us than most anything else.

In fact, music therapy is a clinical methodology for improving

quality of life with respect to both physical and mental issues. It has been known to improve heart rate, reduce anxiety, stimulate the brain, increase inspiration, and improve learning.

Sounds like it may be "just what the doctor ordered" for times such as this, does it not? All of us could probably use a little stress relief at the moment.

Most of us have systems that do not just play music, but, rather, perform at a level that allows us to get lost in the performance.

I would propose that the almost palpable presentation will make music's effect on us even stronger than evidence in studies might suggest.

I would think that to achieve these levels of improvement we have to avoid the temptation to tweak/ improve/ compare things in our system and rather allow the music to engulf us.

**Connect to the Performance!!**

## SUGGESTIONS FOR MUSIC

We all have a favorite genre of music ... jazz / classical / rock etc. Any genre can serve the purpose of providing stress relief.

What to listen to?

Perhaps start with your favorite genre. Play albums that got you into this hobby. Re-live those

exciting times that opened up the world of quality audio for you.

Maybe play a few different performances of the same composition and simply enjoy the nuances of each. Or, perhaps venture into a

new genre ... ask a friend what their favorite music of this type is and give it a whirl.

The important thing is to just listen ... let the music in! Revel in it! Let it wash over you!

Connect to the performance

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