



Turning Your Moments into Music!



### **Feedback from Sing Your Moment session**

10 ladies joined the session, however 2 left as they had appointments and another left as she was in discomfort following a very recent hip replacement.

#### **Pre session emotions scores:**

All of the ladies except one shared positive emotion prior to the session:

“Contented, excited, happy, relaxed, alert”.

One lady shared that she was feeling “fatigued”.

The positive emotions clearly demonstrate the impact that the sense of community and belonging have upon these ladies. All the ladies knew each and there was a strong sense of connection between them and a visible demonstration of care and support. The ladies shared they were very open to the activity.

#### **During the session:**

Every lady joined in with the discussions about how grief felt for them and shared what positive elements of life had come out of their loss. They engaged with the discussions focussed upon the theoretical elements of the process of grief. Being together in a community with strong friendships played a key part in the ladies learning to live with their grief. The ladies fully embraced singing their tunes and playing the instruments. A lot of laughter was had, and the ladies felt comfortable singing solo.

#### **Post Session feedback:**

Post emotions reflected positivity. 100% of the ladies circled that they were ending the session feeling “Happy”. In addition, attendees shared that they were feeling excited, elated, and alert, suggesting a raise in energy levels also.

#### ***Question 1. How helpful was the session in helping you to understand that the emotions you’ve been feeling are normal and shared by others?***

5 ladies reported that they felt it “useful” to hear that other people were experiencing similar feelings and emotions to themselves and 2 reported that they found it “somewhat useful” to hear other people’s experiences. None of the ladies shared that they had felt alone in their experiences.

#### ***Question 2. Which word best describes how being part of the group made you feel?***

100% of attendees reported they felt “included”.

#### ***Question 3. How did you find the use of music as tool to express your feelings and emotions?***

100% of the ladies shared that they loved the use of music and that it allowed them to express their feelings and emotions in a comfortable and fun manner.

#### ***Question 4. Did you find the use of music uplifting?***

100% of the ladies shared that they enjoyed the music. It was fun and left them feeling uplifted.

#### **Conclusion:**

Combining *Sing Your Moment* with the topic of grief and loss was a positive exercise and well received. It gave people the opportunity to talk through their feelings in a non-threatening way and supported them to use their voices to turn their emotions into song that allowed them to both express themselves and also uplift their moods.

