

Six Dimensions of Wellness in the Piano Lab



PHYSICAL WELLNESS

"The consistent prioritization of physical self-care and the engagement in a variety of health enriching behaviors" (NWI, 2023).

Fostered in the piano lab by:

- Stretching the hands, wrists, and arms at the start of class.



EMOTIONAL WELLNESS

"The awareness and acceptance of one's feelings and the capacity to manage behaviors related to one's emotional state" (NWI, 2023).

Fostered in the piano lab by:

- Acknowledging students' feelings.
- The Mood Meter (Hoffman et. al., 2020).



SPIRITUAL WELLNESS

"The development of an appreciation for the depth and expanse of life and natural forces that exist in the universe" (NWI, 2023).

Fostered in the piano lab by:

- Ensembles, as many musicians find spiritual fulfillment in making music (Savvidou, 2021).



INTELLECTUAL WELLNESS

"The creative, stimulating activities that lead to learning, personal growth, and the sharing of one's unique gifts with others" (NWI, 2023).

Fostered in the piano lab by:

- Applied knowledge activities.
- Generative and elaborative activities (i.e., improvisation, lead lines, etc.)



SOCIAL WELLNESS

"The contribution to one's environment and community with an emphasis on the interdependence between others and nature" (NWI, 2023).

Fostered in the piano lab by:

- Peer learning activities.
- Ensembles.



OCCUPATIONAL WELLNESS

"The personal satisfaction and enrichment one receives in life through their employment, academic, or volunteer work" (NWI, 2023).

Fostered in the piano lab by:

- Projects that demonstrate the relevancy of piano to students' future careers (Fisher, 2010).