



## The Benefits of Listening to Music

information from healthline.com

**Music connects us**– Music is a powerful way of uniting people:

- national anthems connect crowds at sporting events
- hymns build group identity in houses of worship
- love songs help prospective partners bond during courtship
- lullabies enable parents and infants to develop secure attachments

### **Music's effects on the mind**

- Listening to music engages your brain – you can see the active areas light up in MRI scans.
- It can improve memory. Music memory is one of the brain functions most resistant to dementia.
- It can help treat mental illness. Listening to music triggers the release of several neuro-chemicals that play a role in brain function and mental health.
  - dopamine, a chemical associated with pleasure and "reward" centers
  - serotonin and other hormones related to immunity
  - oxytocin, a chemical that fosters the ability to connect to others

**Music's effects on mood**–It has the power to change moods and help people process their feelings.

- It can help lower anxiety
- The body releases less cortisol, a stress hormone, when people listen to music.
- Listening to relaxing music after a stressful event can help your nervous system recover faster.
- It helps the symptoms of depression–nostalgic sad tunes can actually increase symptoms of depression, especially if you tend to ruminate or withdraw socially.

### **Music's effects on the body**

- Listening to music can your alter,
  - breath rate, heart rate, blood pressure, depending on the music's intensity and tempo.
- Working out with music;
  - improves your mood,
  - helps your body exercise more efficiently,
  - cuts down on your awareness of exertion.
  - leads to longer workouts– syncing your workout to music can allow you to reach peak performance using less oxygen than if you did the same workout without the beat.
  - Music can help manage pain– music helps people manage both acute and chronic pain better than medication alone.