

The Benefits of Music and The Power of Connection

6 BENEFITS OF MUSIC FOR YOUR MENTAL HEALTH



IMPROVE FOCUS
There have been numerous studies proving that listening to classical music helps the healthy focus. Music with a tempo of 60 bpm (beats per minute) can reduce the brain's ability to process information. There have also been studies suggesting that stress music helps sharpen focus while studying.

TO LIFT THE MOOD
Playing uplifting songs has a profound effect on the brain, stimulating it to release feel-good hormones which boost our mood.

AS A FORM OF EXPRESSION
Music is a wonderful way of expressing emotion and creativity without having to say anything. Whether it's attending a concert with friends or strumming your guitar, music is the perfect way to let your feelings out and express what you're feeling.

TO BOOST CONFIDENCE
Subliminal and ambient music, such as classical baroque music, is proven to assist in memory and focus. Listening to uplifting music can help you feel more confident and in a more energized and confident state of mind.

TO RELAX
Relaxation music has a soothing effect on us, improving our mood and reducing stress levels of both the body and mind. Research has shown that listening to music of some nature and slow instruments can help you relax.

TO EXPRESS NEGATIVE EMOTION
Music is a wonderful way to help us process negative emotions. Listening to angry music can be therapeutic when we're dealing with stress and anger.

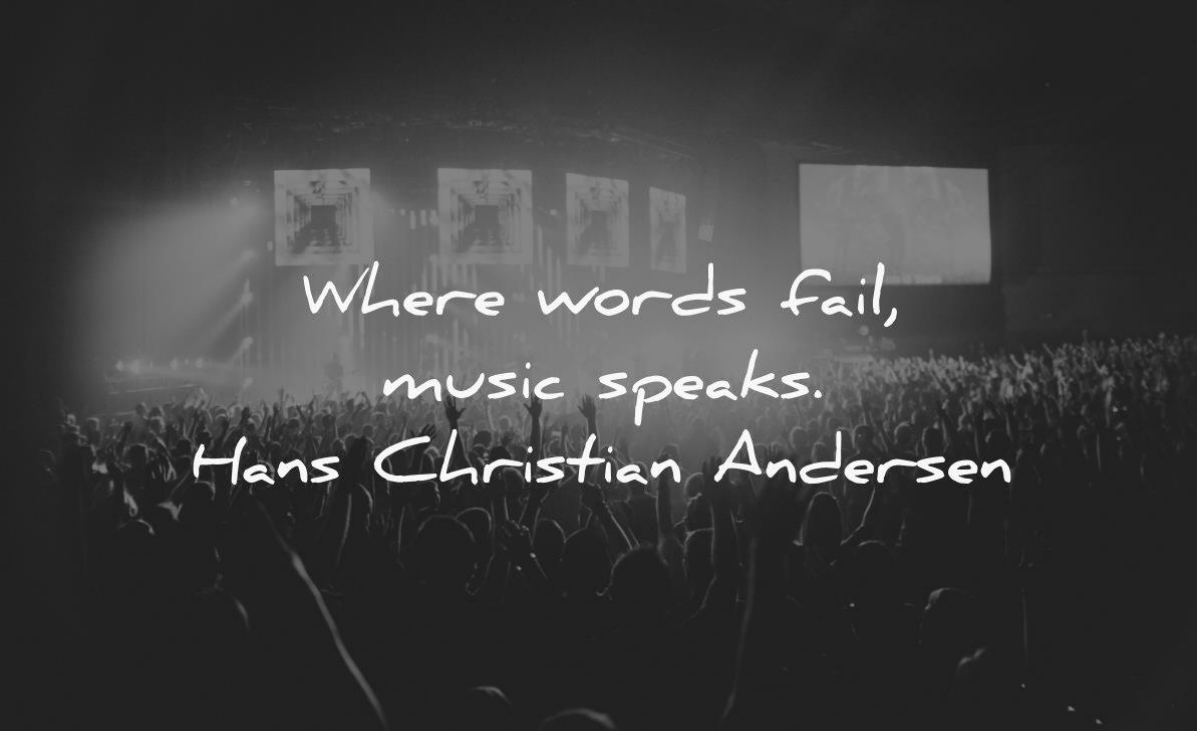


Music brings us pleasure and releases our suffering.
It can calm us down and pump us up.
It helps us manage pain, sleep better and be more productive.

Alex Dumas (Author of 'Healing at the speed of sound')



www.stress.com

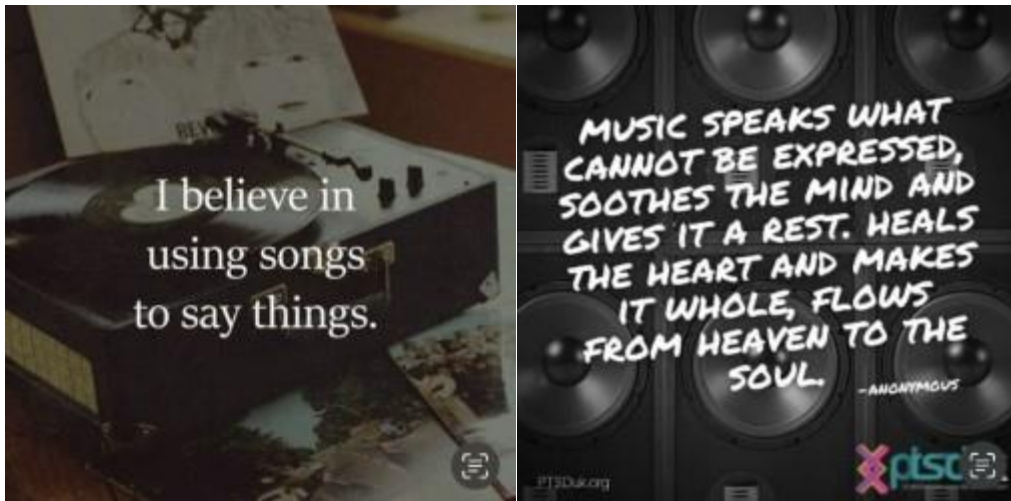


Where words fail,
music speaks.
Hans Christian Andersen



MUSIC
♡ IS LIFE. ♡
THAT'S WHY
OUR HEARTS HAVE
BEATS

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I hope this email finds you mentally, emotionally, and physically well and looking after yourselves.

Today's well-being focus is about the benefits of music on mental health and well-being.

Music is a powerful medium, which has the ability to bring different emotional states to the surface- Joy, love, grief, comfort, and it can motivate us and help us to relax and calm.

It can transport you back in time, relieve anxiety, boost your mood and aid insomnia.

Music is also said to enhance intelligence and focus, boost the immune system, self-esteem and confidence.


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It's only been in recent years that research has also found music can help combat depression, anxiety and a host of other mental health issues.



Scientific research has proven the links between music and mood and these benefits and findings demonstrate that music supports our physical, mental, spiritual and emotional health.

Here are six ways music can enhance your wellbeing.



1. Boost your mood

Listening to your favourite songs can cause a release of dopamine into the brain that can help in preventing depression. Try making a playlist of all your favourite songs that you can listen to next time you are feeling down. Try to choose songs that are upbeat and if you can sing-along and dance to them - even better! As singing and dancing encourage the release of endorphins - the 'happy hormones'. 

2. Enhance attention and focus

Music has also been shown to improve focus and attention and boost mental performance when studying or when working on a task. So, if you find yourself zoning in and out of work or study, try listening to some stimulating tracks to power your attention. Steer clear of any music with lots of lyrics or a distracting beat, instead, opt for some classical or instrumental music. Classical music (particularly piano) has been found to bring about a balanced, stable, calm state of mind and improve learning efficiency.  

3. Recall fond memories

Music has the ability to transport us to the past and can allow us to recall fond memories. This is because listening to the same music repeatedly, creates associations in our brain with the emotions experienced whilst listening to that music. So even when we replay music from years ago, we can immediately reconnect with the emotions and feelings that were being experienced at that time. This is useful when we want to recall positive experiences or memories and relive some of that positivity in the present. Music has also been found to have a profound influence on the memories of those with dementia and Alzheimer's. Music awakens a part of the brain not impacted by dementia and evokes responses, such as singing and movement, and brief moments of reconnection with loved ones.  

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4. Promote relaxation & restful sleep

Playing some calming music may be just what you need when you're feeling overwhelmed and stressed and perhaps unable to get a restful sleep. Research indicates that listening to peaceful music can help with relaxation by slowing your breathing and heart rate as well reducing blood pressure and reducing the stress hormones including adrenaline and cortisol. This makes it easier to unwind and let go of some of your worries which in turn may help you fall asleep quicker and stay asleep longer. 🛏️ 🧘‍♀️

5. Boost motivation and energy

Most people will find that exercise is much easier when listening to music. This is because, fast-paced, upbeat music increases your heartrate and gives you a burst of energy, fuelling motivation and maximising performance. So, if you're needing a bit of a boost before your next workout, try putting together a soundtrack of your favourite energising tracks. 🏃‍♀️ 🎵

6. Cultivate connection

Music is universal, it brings people together from all walks of life. It doesn't really matter what language you speak or where you are from, music is a language that all of us can understand. It brings people together at concerts, at places of worship and celebrations. Research has even found that listening to music can trigger the release of oxytocin, the 'love hormone' that helps us in developing empathy, trust and compassion for others. So, if you're every feeling lonely try listening to some music to create a sense of belonging and connection. Remember, you're not alone. 🗣️

There really is a song for every emotion so next time you choose a tune, be mindful and take notice of the effect on your physical, emotional, and mental well-being and of course.....when you can, sing your heart out!



#mindfulmusic #lyricsoflife #whatsyourgototune #listen #moodmelodies
#someofmybestfriendsaresongs #wellbeingweds #mentalhealthmatters