

The Magic of Music on Mental Health

Music is not simply entertainment

Scientific research has shown that it can influence physiological processes that enhance physical and mental wellbeing.

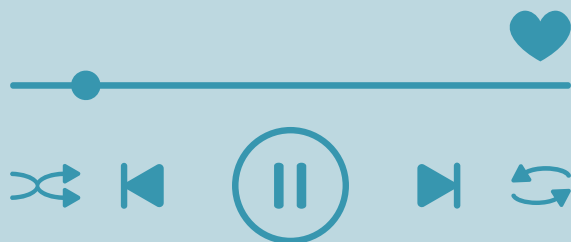


Music Playing

Playing instruments can encourage emotional expression, socialization and exploration of various therapeutic themes (i.e. conflict, communication, grief, etc.).



Reduce Stress



In one 2013 study, participants took part in one of three conditions before being exposed to a stressor and then taking a psychosocial stress test. Some participants listened to relaxing music, others listened to the sound of rippling water, and the rest received no auditory stimulation. The results suggested that listening to music had an impact on the human stress response, particularly the autonomic nervous system. Those who had listened to music tended to recover more quickly following a stressor.

Improve Cognitive Performance

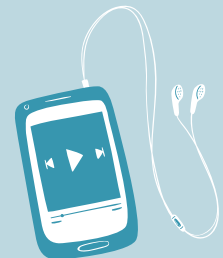


Research suggests that background music, or music that is played while the listener is primarily focused on another activity, can improve performance on cognitive tasks in older adults.

One study found that playing more upbeat music led to improvements in processing speed, while both upbeat and downbeat music led to benefits in memory.

Improve Mood

Intentionally trying to boost moods by listening to positive music could have an impact within two weeks.



Help You Sleep Better

In a study looking at college students, participants listened to classical music, an audiobook, or nothing at all at bedtime for three weeks.

The study found that participants who had listened to music had significantly better sleep quality than those who had listened to the audiobook or received no intervention.



Improve Learning

Musically naive students learned better when listening to positive music, possibly because these songs elicited more positive emotions without interfering with memory formation. However, musically trained students tended to perform better on learning tests when they listened to neutral music, possibly because this type of music was less distracting and easier to ignore.





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