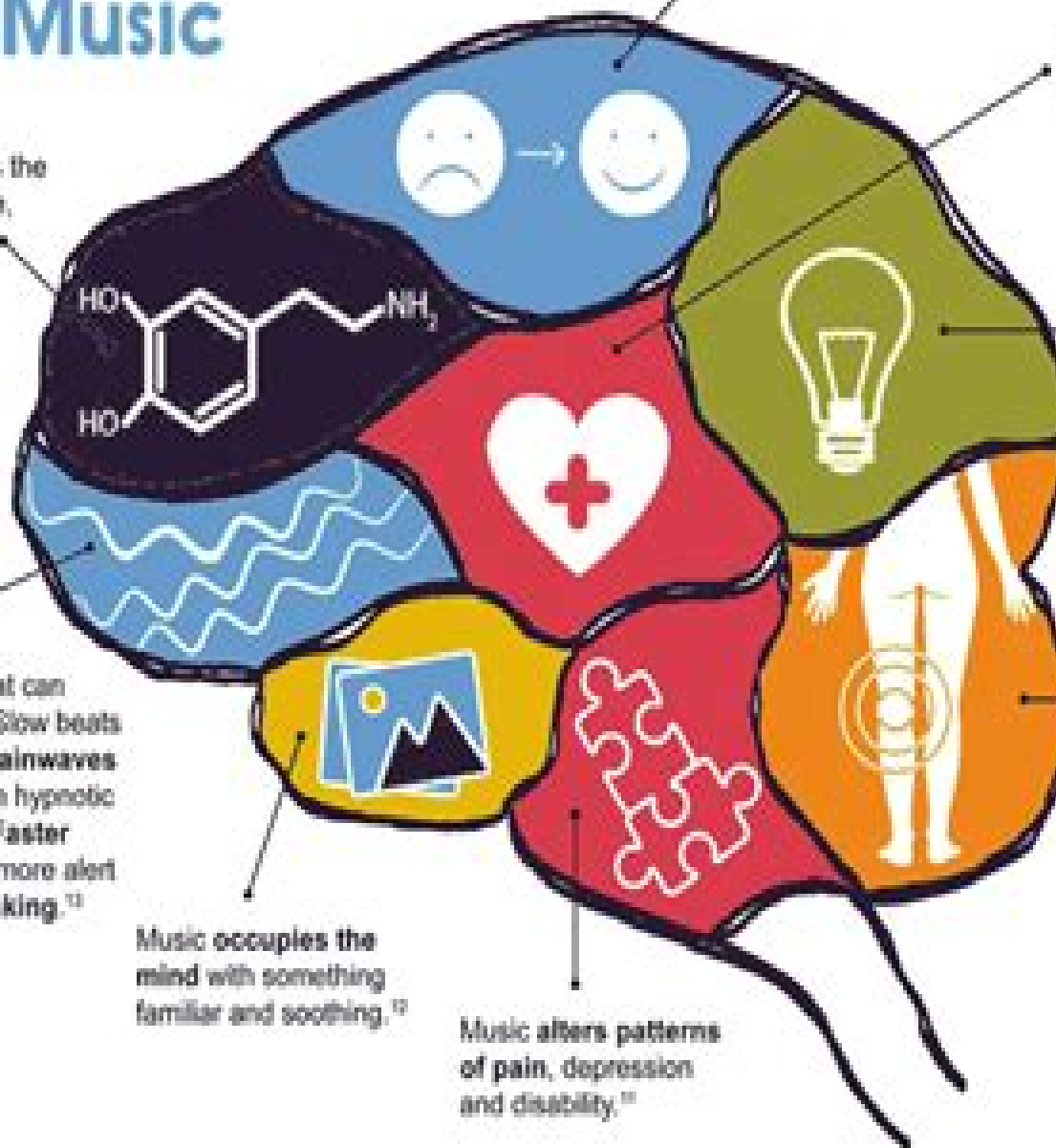


# Your Brain On Music

Listening to music causes the brain to release dopamine, a feel-good chemical.<sup>1</sup>



Music acts as a distractor, focusing the attention away from negative stimuli to something pleasant and encouraging.<sup>2</sup>

Music has the ability to alter breathing and heart rate.<sup>3</sup>

Music also has the power to improve your state of mind. This helps keep things like depression and anxiety at bay.<sup>4</sup>

Music can help reduce the perception of pain.<sup>10</sup>

Music alters patterns of pain, depression and disability.<sup>11</sup>

Music occupies the mind with something familiar and soothing.<sup>12</sup>

Music with a strong beat can stimulate brainwaves. Slow beats encourage the slow brainwaves that are associated with hypnotic or meditative states. Faster beats may encourage more alert and concentrated thinking.<sup>13</sup>

# Effects Of Music

**Sylvia Ingeborg Haering**



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