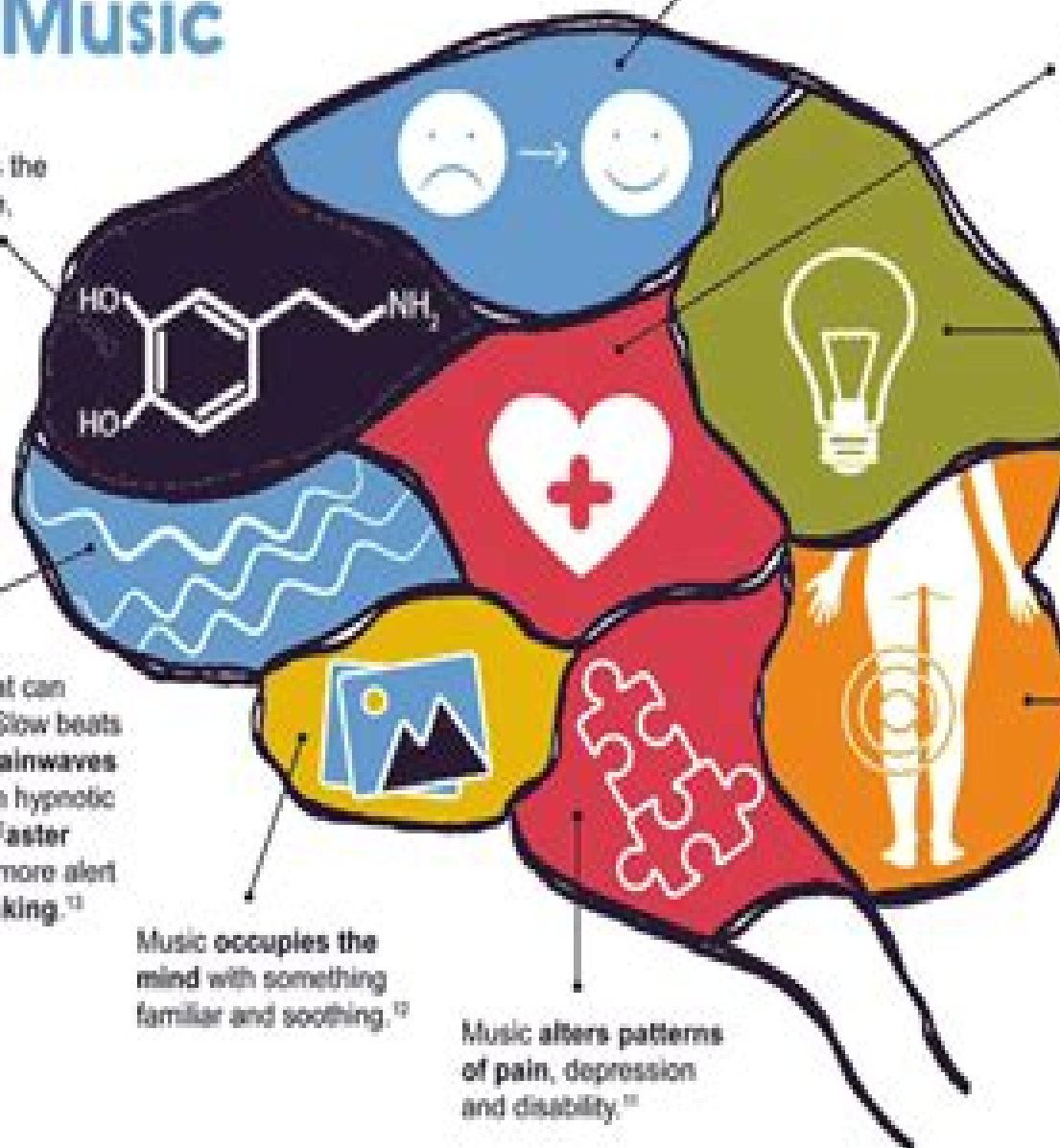


Your Brain On Music

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



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

Music has the ability to alter breathing and heart rate.³

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

Music can help reduce the perception of pain.¹⁰

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.¹¹

Music occupies the mind with something familiar and soothing.¹²

Music alters patterns of pain, depression and disability.¹³

Effects Of Music

David Hargreaves, Alexandra Lamont



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