



# MUSIC &

# THE BRAIN

## MUSIC CAN HAVE POSITIVE EFFECTS ON OUR BRAINS.

Not only can music trigger feel-good hormones, studies have shown that listening to music can improve your cognitive production, relieve feelings of anxiety and stress, also help you stay focused.

## COGNITIVE PERFORMANCE



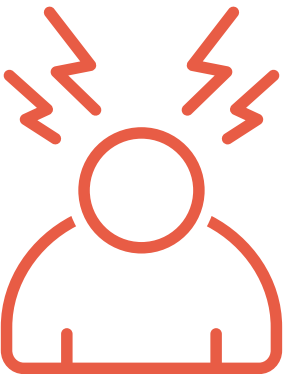
Listening to music can enhance memory by stimulating various brain regions, including those involved in emotion, memory, and motor function. Listening to classical or instrumental music has been found to improve focus and recall.

## ANXIETY AND DEPRESSION



Researchers analyzed 2 groups of people, one group that listened to music and one that didn't. Researchers found a significant reduction in anxiety and depression levels in the group that listened to music.

## STRESS



Listening to music can significantly reduce stress levels by lowering your heart rate and cortisol levels, the body's primary stress hormone. Calming genres of music like classical or ambient, can evoke positive emotions, relax the mind, and even change brain functioning.

## DOPAMINE



When we listen to music we enjoy, dopamine is released in the brain's reward centers. This release not only occurs during the peak emotional moments of a song but also in anticipation of these moments, enhancing our overall sense of pleasure and satisfaction.



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