

# The Connection Between Music & Brain Health

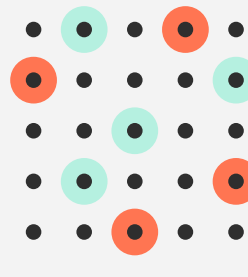
Unlocking the Healing Power of Melodies



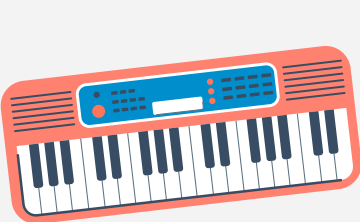
## What happens in the brain when listening to music?



When sound enters our ears, it's turned into signals that our brain recognizes as music, thanks to a pathway involving nerves and brain structures.



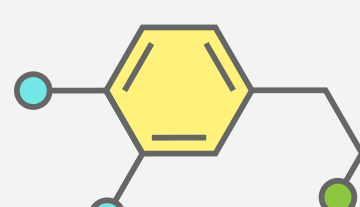
There's a complex network in the brain that makes us feel pleasure from music, connecting our desires and feelings to our body's responses.



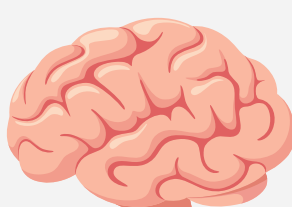
Our brains are wired to recognize and enjoy familiar music patterns and rhythms.



Music activates parts of the brain responsible for hearing, emotions, and memory.



Feeling "chills" while music listening is linked to increased dopamine release the nucleus accumbens. [the nucleus accumbens] Is connected to other regions involved in pleasure and motivation.



The pleasure we feel from music partly depends on our brain's natural pain-relief system.



## Impact on Physical Well-being

- Reduces anxiety, blood pressure, and pain.
- Can improve sleep quality and mood.
- Increases brain dopamine levels by up to 9%.
- Favorite music reduces pain by 22% and depression by 25%.
- Brain imaging shows simultaneous activation of music and motor brain areas.
- Music activities lower heart rate, respiratory rate, blood pressure, and perceived pain.



## Mental and Psychological Benefits

- Engaging with music improves mental alertness and memory.
- Taking piano lessons has shown to improve attention, memory, problem-solving abilities, mood, and quality of life in older adults.
- Familiar music can help in recalling past memories.
- 98% of older adults benefit from engaging with music in at least one health-related way.
- 75% of people aged 50 to 80 find music relieves stress.
- 65% of the same age group find music beneficial for mental health.
- 60% of older adults feel energized or motivated by music.



## Social and Cultural Impact

- Music serves as a universal language, connecting individuals and combating social isolation.
- Black and Hispanic older adults attribute high importance to music, reflecting its cultural significance in fostering community bonds.
- 46% of older adults sing regularly, fostering social interaction.
- 19% find music even more significant now than in their youth.

## Practical Applications:

1

### Incorporate Music into Daily Life

- ✓ 85% of older adults listen to music weekly, showcasing its broad appeal.
- ✓ Live performances, TV, and online platforms offer diverse musical engagement.

2

### Music Therapy & Healthcare

- ✓ Music therapy aids stress management, mood improvement, and overall well-being.
- ✓ Therapists use music to address various health issues, from depression to pain.

3

### Learning Music

- ✓ Taking music lessons, like private instruction or group classes, provides structured learning.
- ✓ Children learning instruments enhances cognitive development and instills a lifelong love for music.
- ✓ Exploring diverse genres expands musical horizons and fosters creativity.