



Music is woven throughout our days, sometimes subtly, sometimes in-your-face. It permeates nearly every aspect of our lives. And while our tastes and interest levels vary, music can have a positive impact on anyone's health. It can lower stress, provide escape or comfort, and even get us into the holiday spirit. In recognition of Mental Health Awareness Week (October 4-10), let's take a look at some of the health benefits music can provide ... then

***crank up
the tunes!***

Tune into the health benefits of music
FROM THE EDITOR

The **COVID-19** situation continues to evolve. Go to the CDC for the latest information on COVID-19, including how to protect yourself and what to do if you are sick.



Tune into the health benefits of

Music

Boosting productivity

Most people feel better when they're more productive, and music can help you focus on your work and inspire your creativity. Research has also shown that listening to classical music while studying can increase brain wave activity in the area of the brain linked to memory – and increase brain capacity.

Lowering pain

Music can help ease pain by making you feel happy and, subsequently, triggering a release of endorphins and closing your “pain gate.” The pain gate theory is that non-painful input closes the nerve “gates” to painful input, which prevents pain sensation from traveling to the central nervous system.

Easing anxiety and depression

Scientific research shows different tempos of music can reduce anxiety and depression. Music therapy, meditative music and songs you associate with positive memories can help improve your mood.

Bringing you up or down

If you need to sleep or relax when you're upset or stressed, slow-tempo tunes can help regulate your breathing and heartbeat, which calms you down. On the flip side, upbeat music can help get your blood pumping and motivate you to exercise or tackle a high-energy task.

Supporting dementia patients

Singing or listening to songs can provide emotional and behavioral benefits for people with dementia. Musical memories are often preserved in Alzheimer's patients because those brain areas are largely unaffected by the disease.

Sparking joy for the holiday season

Music helps us establish strong connections to people and traditions, which is good for our health. In fact, it's an essential part of almost every holiday celebration, from family dinners to religious ceremonies to beloved movies and live performances.

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