

# HEALTHY LIFESTYLES



Health Hub



## THE POWER OF MUSIC

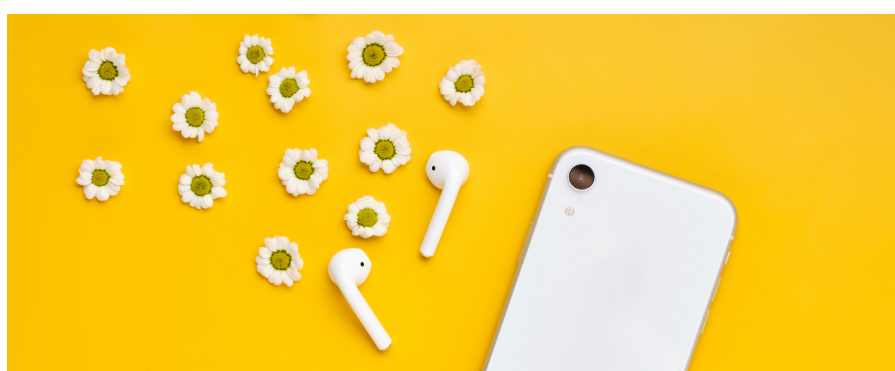
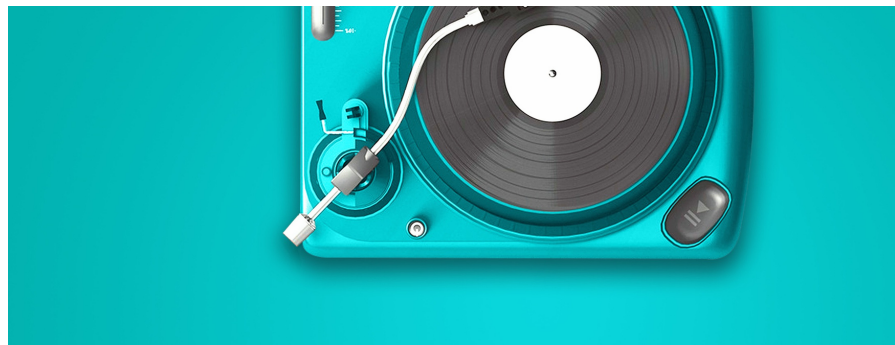
**The world's universal language that has the power to heal and provides the opportunity to feel.**

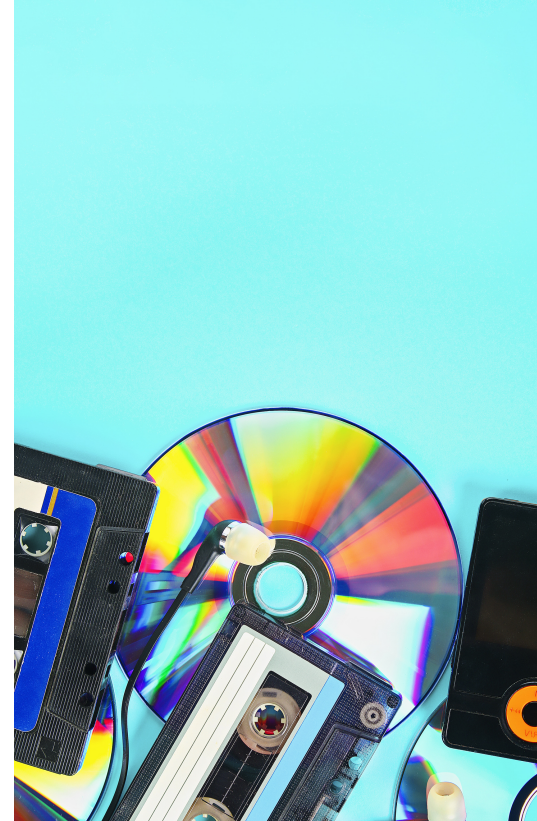
Before reading more into this month's Health Hub, take a moment and turn on your favorite song. After you have listened to that song, come back, and continue to read the rest of this Health Hub.

Now that you have listened to your favorite song – how did it make you feel? We have all felt that happiness or 'high' that comes from hearing our favorite song, and there is a reason for it. Music has the ability to make humans feel, heal and connect. Let us break down music's ability into three different categories - music is universal, music makes us feel, and music helps us heal.

### Music is universal.

Since the very beginning of music's time, it was created using something called the Pentatonic scale, or perhaps better known as the five note/tone scale. As humans, we are drawn to certain tones and notes because it resembles speech and the tones we use when we talk. But the cool thing is with tones/notes, it is understood worldwide with no barriers to language. These tones can convey all the human emotions such as sadness, happiness, anger, and excitement, to name a few.





These notes and emotions are understood across the world, not limited by culture, language, or background. This not only suggests that our brains are wired for music, but it also reinforces the fact that music causes us to feel certain emotions.

## "Music is the universal language of mankind."

HENRY WADSWORTH  
LONGFELLOW

Bottom line, across the nation, music is universal and holds a special place in humans, allowing us to communicate without speech.

### Music makes us feel.

When you listen to your favorite song, does it make you feel excited, calm, or happy? Does it make you think of a certain time, situation, or feeling?

Specific melodies of music are embedded in our memories and can be tied to particular events in our lives. Music can makes us feel nostalgic, feeling those same feelings that we have tied to a certain event in our life that a song/melody is associated with. It can give us the ability to feel like we re-wound time, taking us back to a part of our past that our brain has associated a particular song or lyric.

### Here are a few songs that make the Healthy Lifestyles Team happy!

ABBA - Dancing Queen

Earth, Wind and Fire - September

Pharrel Williams - Happy

Bob Marley - 3 Little Birds

### Music helps us heal.

Did you know that music is the most studied of art therapy?

Music helps lower anxiety, depression, trauma, psychosis, stress, and the healing power does not stop there. Music helps reduce heart rate, lower blood pressure and cortisol in the body. It eases anxiety and can help improve mood. Not only is music used to help in psychotherapy, but it also has been proven to help reduce pain and has a positive effect on symptoms of stroke and dementia. It has also been shown that individuals with Alzheimer's disease, music helps improve mood, helps retrieve old memories and could even help improve general thought process.

Next time you listen to music, listen to the melody and tones, and to your body too. Notice how the music makes you feel. Ask yourself, what emotions am I experiencing from this music? Are you finding your listening experience to be positive or negative?





# It might be time ....

**TO CHANGE UP THE MUSIC THAT  
YOUR LISTENING TO!**

Create your own playlist! *You can use the following free and downloadable platforms to help you customize a music playlist.*

You could create one that would help you calm down in stressful situations, listen to while working, listen to take a brain or movement break - the possibilities are endless.

[Pandora](#)

[Spotify](#)

[YouTube](#)

**TRY A NEW GENRE OR EXPERIENCE  
DIFFERENT CULTURES OF MUSIC!**

Below are just a few categories that might pique your interest!

- |                        |           |
|------------------------|-----------|
| Classical              | Rap       |
| Electronic Dance Music | R&B       |
| Hip-hop                | Rock      |
| Indie rock             | Techno    |
| Jazz                   | Afrobeats |
| K-pop                  | Benga     |
| Metal                  | Rababah   |
| Calypso                | Ethno-pop |
| Mambo                  | Raga rock |
| Reggae                 | Rafi      |
| Mento                  | Baila     |
| Drum and bass          | Bachata   |
| Flamenco               | Mariachi  |
| Oldies                 | Reggaeton |
| Pop                    | Bluegrass |
| Swing                  |           |