

How **music** helps your brain



Music

Listening to music can be more than just something fun to do! While music can bring us pleasure, make us feel calm or inspire us depending on the type of music, it can also do a lot for our health.

Brain development

Listening to and engaging with music can affect our brain development. The parts of the brain responsible for listening and processing sounds are of a different size among people who engage in music (playing piano, for example) compared to those who don't engage in music.

Listening to music also stimulates parts of the brain that are in charge of motor function (our ability to move our bodies), language and cognitive function (our abilities like learning, thinking and more).



Mental health

Besides developing our brain, music can impact our mental health. Listening to music can improve our quality of life, reduce symptoms of depression and anxiety, and is even linked to less frequent substance abuse.

Music has been shown, especially when used with medication, to help even more severe mental health conditions like PTSD and schizophrenia.

Ways to enjoy music:



Music therapy



Listening to music



Singing



Playing an instrument



Theatre

Music Sources

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