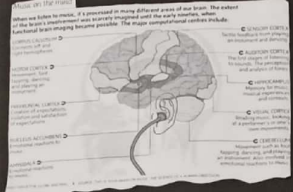


CHEMISTRY BETWEEN THE MUSIC AND THE BRAIN

MUSIC THE PERFORMANCE BOOST

Music can increase your performance level. It's a well-known fact that many athletes listen to music before a competition. In fact, a study found that listening to music can improve your performance by up to 15%. This is because music can help you to focus and concentrate on your task. It can also help you to relax and reduce your anxiety. So, if you're looking for a way to improve your performance, listening to music might be the answer.

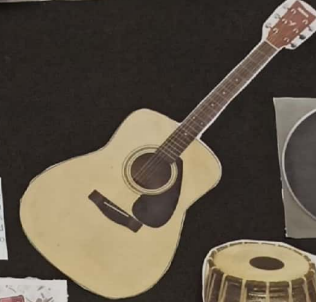


THE CHEMISTRY BETWEEN MUSIC AND THE BRAIN

Music is an amazing thing for humanity. It is used for relaxation, encouragement, entertainment, an energizer, a way to express thoughts, a way to memorize, a way to praise, and a way to go back to the old days. It is so much more than just a series of sounds. It is a way to connect with others and to express our own feelings. This is why music is so important to us.

SOUND THAT INFLUENCES RECOVERY

The sounds of music can also help in recovery by putting the body in a state of relaxation. One study found that listening to music after a workout can help the body recover faster. Researchers also concluded that when stroke patients listened to music for two hours a day, their verbal memory and attention improved and had a more positive mood compared to patients who did not listen to music or who listened to audio books.



OUR BODIES REACTION TO MUSIC

Music has a powerful effect on our bodies. It can make us feel happy, sad, or energized. It can also affect our heart rate and blood pressure. For example, listening to fast-paced music can increase your heart rate, while listening to slow, calming music can decrease it. This is because music can affect the release of hormones in our bodies. So, the next time you listen to music, pay attention to how it makes you feel.

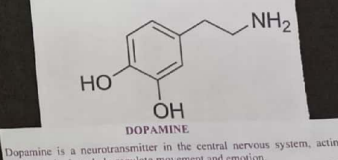
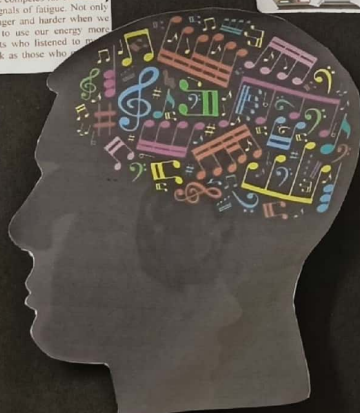
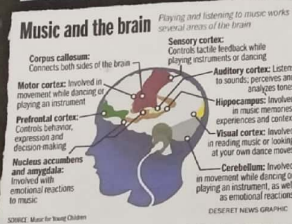
THE SOUNDS THAT PUT YOU TO SLEEP

The sounds of music can help you to fall asleep. In fact, a study found that listening to music can improve your sleep quality. This is because music can help you to relax and reduce your anxiety. It can also help you to focus and concentrate on your task. So, if you're having trouble sleeping, listening to music might be the answer.



MUSIC CAN CHANGE OUR EMOTIONS

Music can change our emotions. It can make us feel happy, sad, or energized. It can also affect our heart rate and blood pressure. For example, listening to fast-paced music can increase your heart rate, while listening to slow, calming music can decrease it. This is because music can affect the release of hormones in our bodies. So, the next time you listen to music, pay attention to how it makes you feel.

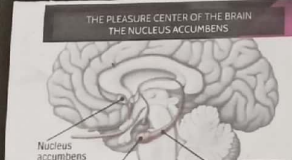


PERSONAL TASTE EFFECTS SECRETION OF HORMONES

For Dopamine and Serotonin to release, your personal taste is important. A favorite song can trigger the release of these hormones, which can make you feel happy and energized. This is because music can affect the release of hormones in our bodies. So, the next time you listen to music, pay attention to how it makes you feel.

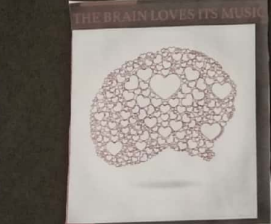
THE BRAIN LOVES MUSIC

The brain loves music. It can make us feel happy, sad, or energized. It can also affect our heart rate and blood pressure. For example, listening to fast-paced music can increase your heart rate, while listening to slow, calming music can decrease it. This is because music can affect the release of hormones in our bodies. So, the next time you listen to music, pay attention to how it makes you feel.



SEROTONIN

Serotonin is a compound present in blood platelets and serum that constricts the blood vessels and acts as a neurotransmitter. It is involved in sleep, depression, memory, and the other neurological processes.

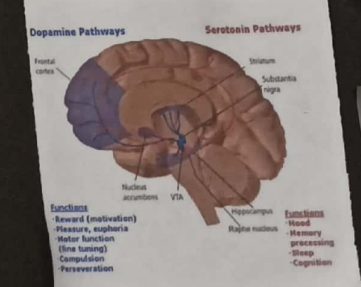


MUSIC THE MEMORISING TOOL

It's sometimes so hard to memorize definitions for vocabulary words for a test, but words to a song are extremely easy to remember. The rhyme, alliteration, and rhythm music simply makes lyrics an incredibly easy to remember. Music is an excellent memorization tool.

THE BRAIN WAY OF PROCESSING MUSIC

Anyone who has heard music has felt the one of a kind feeling you have as your brain processes the sounds. A song starts with your ears and ends with the music resonating in some way through all the four major brain lobes, producing reaction throughout the body, evoking emotions and memory. This process is accomplished by using multiple parts of the brain.



HOW DOES THE BRAIN CHOOSE THE KIND OF MUSIC IT LIKES?

When the brain hears music, it's processing it. It's deciding if it likes it or not. This is because the brain has a way of choosing the kind of music it likes. It's a complex process, but it's one that we all experience. So, the next time you listen to music, pay attention to how it makes you feel.



THE STRESS RELIEVER

Another quality music has is being a stress reliever. Research has found that listening to music can reduce stress by triggering Dopamine and Serotonin. These hormones put the mind and a feel good state and allow the brain to focus on the music instead of the things that are stressing the person out.



THE BRAIN WAY OF PROCESSING MUSIC

Anyone who has heard music has felt the one of a kind feeling you have as your brain processes the sounds. A song starts with your ears and ends with the music resonating in some way through all the four major brain lobes, producing reaction throughout the body, evoking emotions and memory. This process is accomplished by using multiple parts of the brain.



HOW DO THOSE HORMONES INFLUENCE THESE MOODS?

Dopamine and Serotonin are neurotransmitters. Dopamine is the 'feel good' hormone. It's what makes you feel happy and energized. Serotonin is the 'calm' hormone. It's what makes you feel relaxed and at ease. These hormones are released in response to music. So, the next time you listen to music, pay attention to how it makes you feel.