

THE BENEFITS OF PLAYING MUSIC



Music is a global, artistic language that creates community, connection and a sense of belonging. Some studies suggest that music is older than speech and language, and that speech may have even evolved from music. The primal power of music evokes emotions, memories and images, taking the participant on a magical journey.



Cognitive Function

Music helps to build reasoning skills and cognitive development. It can increase the capacity of your memory, refine time management and organizational skills, and teach perseverance.



Emotional

Playing music is fun! It builds confidence, encourages creativity and self-expression. It can reduce anxiety, relieve symptoms of depression, and elevate your mood. It just makes people healthier and happier!



Physical

Playing and listening to music can reduce stress, ease pain, lower your blood pressure, increase workout endurance, improve sleep, enhance blood vessel function and help you eat less!



Community

As we co-create music we grasp a sense of joy, our focus and social engagement align without effort. Playing music with others fosters deep listening, respect, a sense of belonging and builds community.

Prepared by:

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Interested? More info at
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