

HOW CAN MUSIC REDUCE STRESS?

IT RELEASES ENDORPHINS

“Feel good” neurochemicals are released by the body during different activities, like making music. Endorphins have been linked to lowered stress levels.

Music Therapy for Stress Reduction: A Systemic Review and Meta-Analysis

Psychological and Physiological Signatures of Music Listening in Different Listening Environments

Cortisol is our stress hormone. In lab studies, music has been shown to decrease cortisol levels significantly.

IT REDUCES CORTISOL LEVELS

Effects of music therapy on occupational stress and burn-out risk of operating room staff

A 6-week study showed that 30 minutes of music a day at work decreases exhaustion and stress.

IT REDUCES BURNOUT

IT HELPS YOU FALL ASLEEP

Music is relaxing and can distract from daily stressors. People who did not listen to music are more likely to be less rested in the morning.

The music that helps people sleep and the reasons they believe it works

IT SOOTHES ANXIETY

Studies show that music significantly reduces anxiety and fear before high stress situations, like medical procedures.

Examining the Effects of Music-Based Interventions on Pain and Anxiety in Hospitalized Children

Music Attenuated a Decrease in Parasympathetic Nervous System Activity after Exercise

Music helps people remain calm and stay grounded. One study shows that music may help to combat your “Fight or Flight” response in high stress situations.

IT GROUNDS YOU