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Music for Anxiety

As you're probably aware music has obvious benefits. For instance music can lift your mood, motivate and inspire your creativity, and even break your mind free from anxious thoughts.

But beyond these benefits there is a growing body of research indicating a number of interesting findings, for instance:

Music can stimulate brainwaves to sharpen concentration and bring about more alert thinking, and a slower-rhythm-music can have an overall calming influence.

Research has also found that that music can enable the brain to shift speeds more easily on its own as needed, in other words the brain can be more flexible to adapt to various tasks, as needed.

Music can also have a positive effect on our body such as slowing breathing and slowing heart rate.

Music has also been found to bring about many other benefits, such as lowering blood pressure, boosting immunity, ease muscle tension, and more.

You can probably see that music can help neutralize the damaging effects of stress, and not only promote relaxation, but overall wellness.

Actually one modality of wellness is called Music Therapy.

Music therapy uses music to heal and said by practitioners to benefit in using music to help cancer patients with a variety of illnesses, and is even used with children who have been diagnosed with Attention Deficit Disorder. Some hospitals have started to use music and music therapy to help with a variety of conditions.

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