

What is the link between music and mental health?

As many as

85%

of young people report music makes them feel happy



The Sound of The Next Generation Report (2020)

Research also indicates a rise in dopamine levels of up to

9%

when someone listens to music they enjoy



the feel-good chemical in your brain!

McGill University Montreal (2011)



A survey of

3000 adults

also reported a decrease in feelings of anxiety and depression by listening to recorded or live music of their choice

AARP Music and Brain Health Survey 2020

Music has proven integral to our overall wellbeing for the following reasons:



Reduces pressure from external factors



Relieves stress, depression and anxiety



A way to **articulate feelings**



Boosts cognitive functioning



Gives us a **sense of belonging**



Increased resilience



Therapeutic benefits



A form of **self-expression and identity**



Enhanced productivity

everymind
at work

