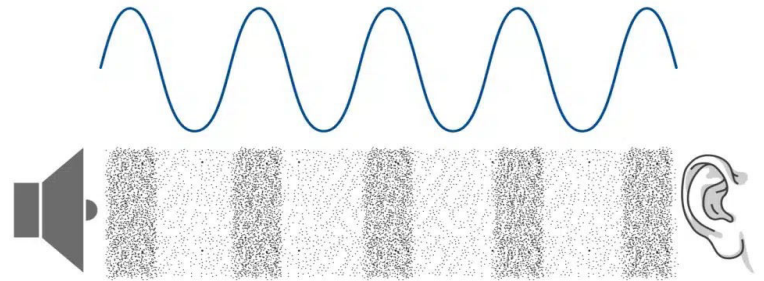


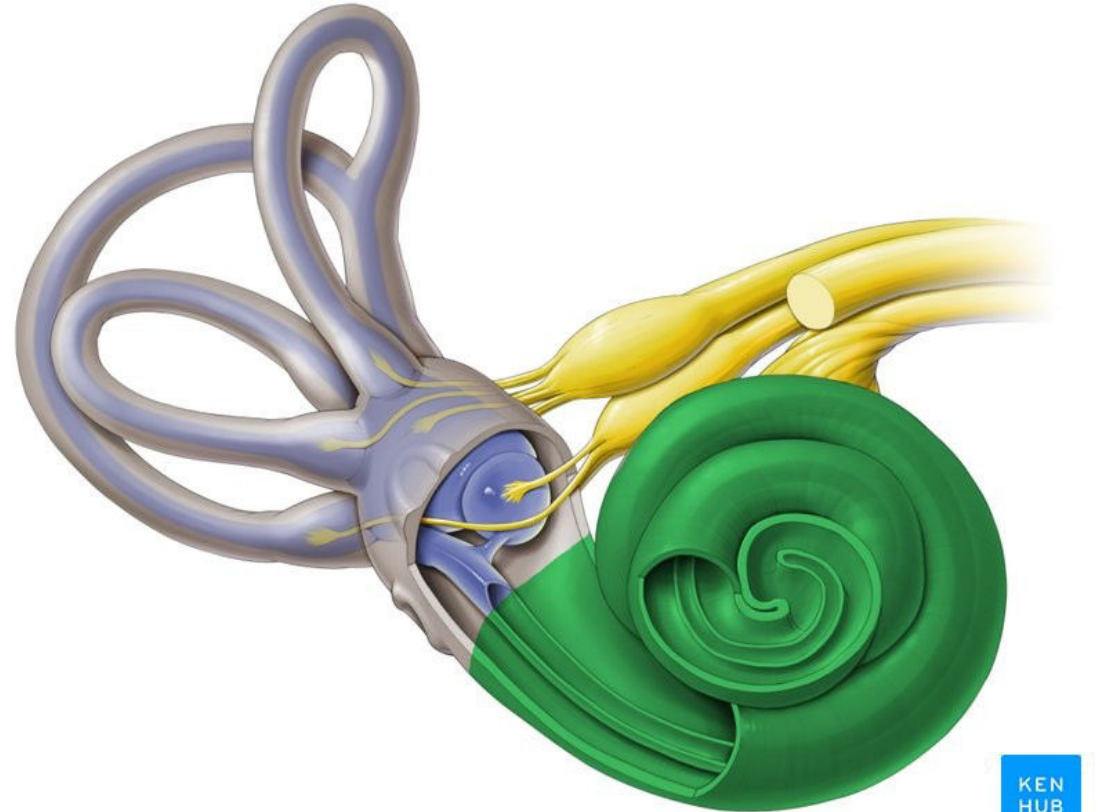
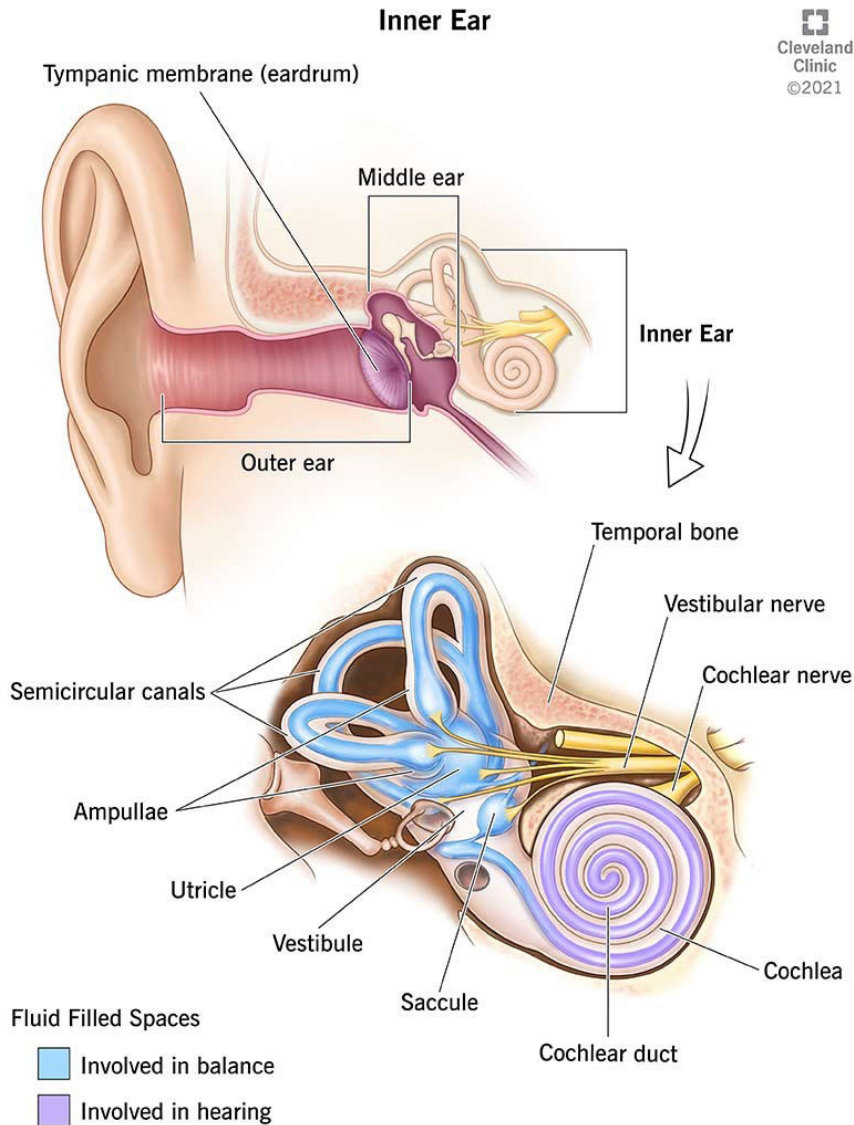
How does music affect the brain and
influence our mood

Music

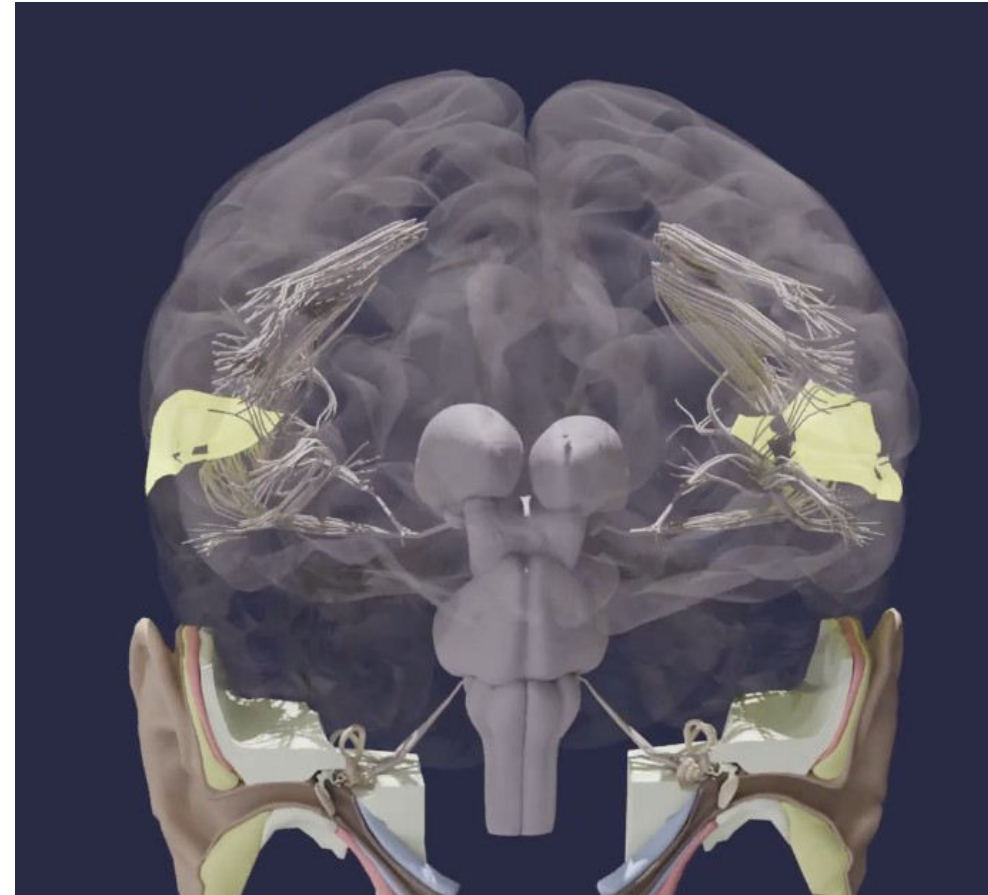
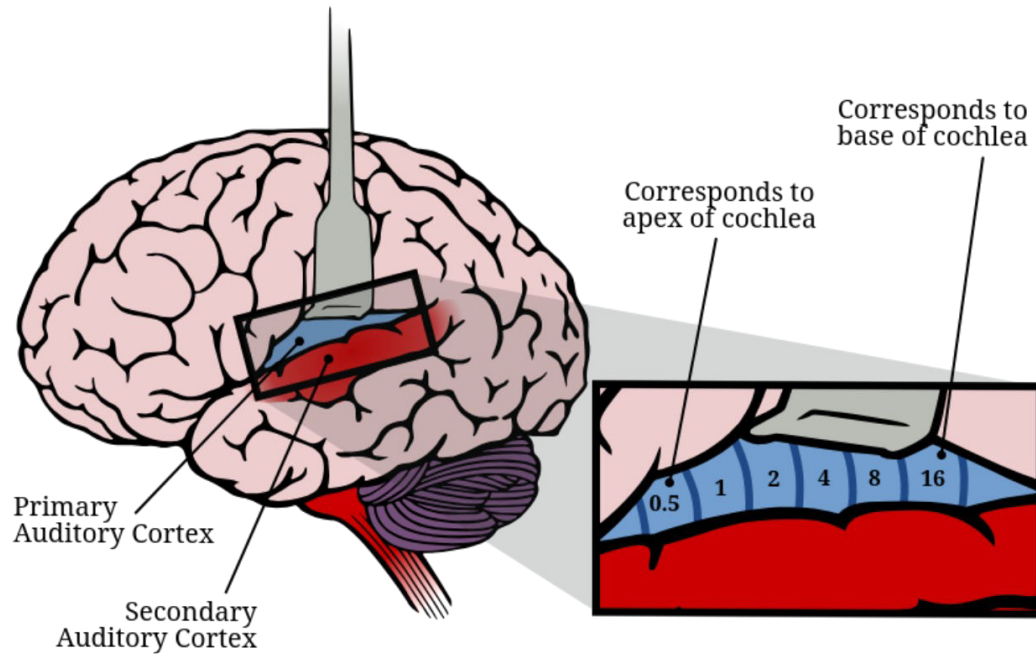
Music is the arrangement of sound to create a combination of form, harmony, melody, rhythm, or other expressive content.



How do sound waves reach the brain

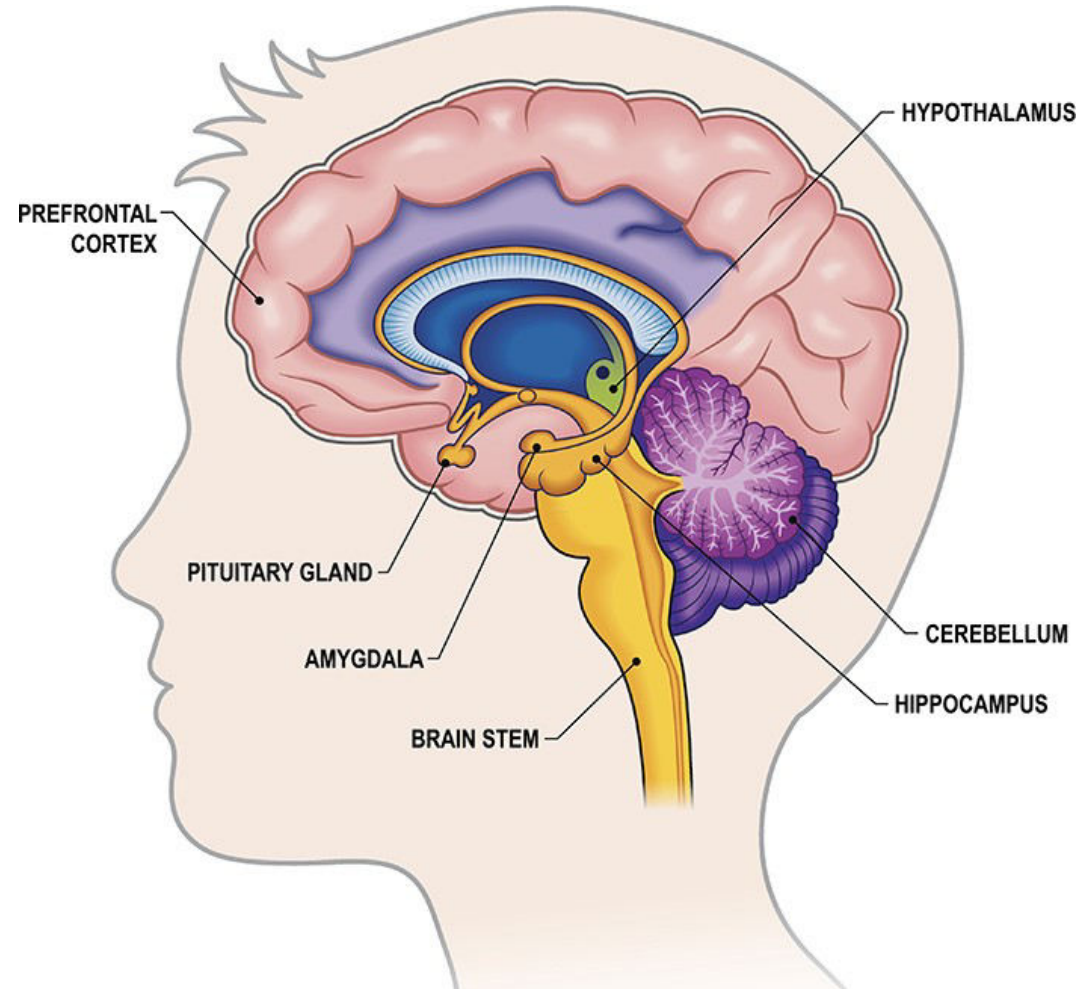


Auditory cortex



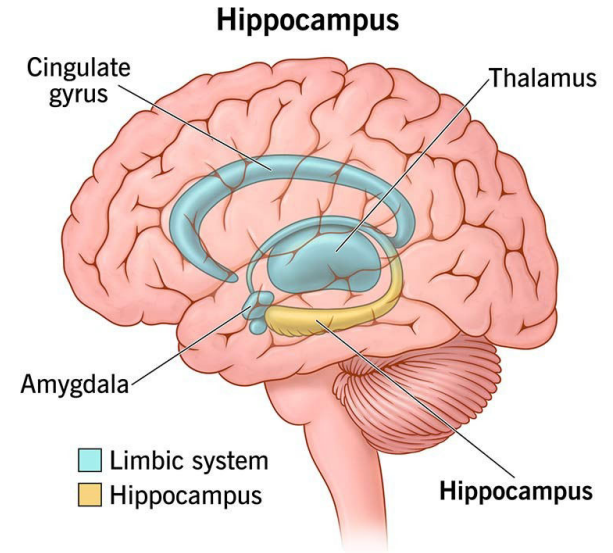
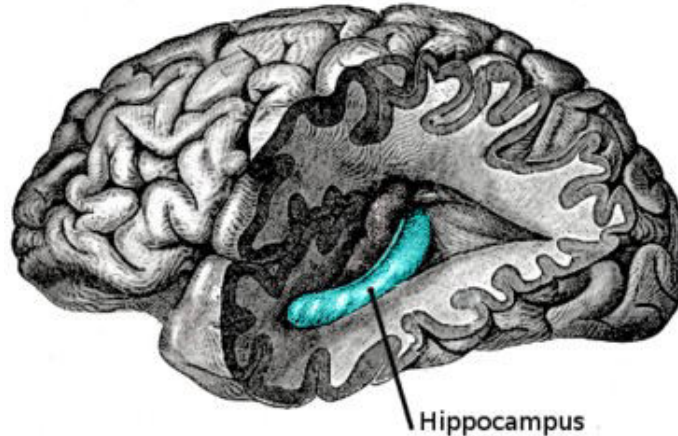
Limbic system

Regulating emotions, memories, motivation, reward and certain behavior.

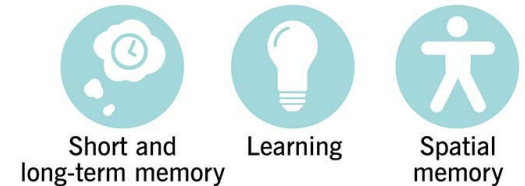


Hippocampus

This part of the limbic system links certain songs and music to memories.

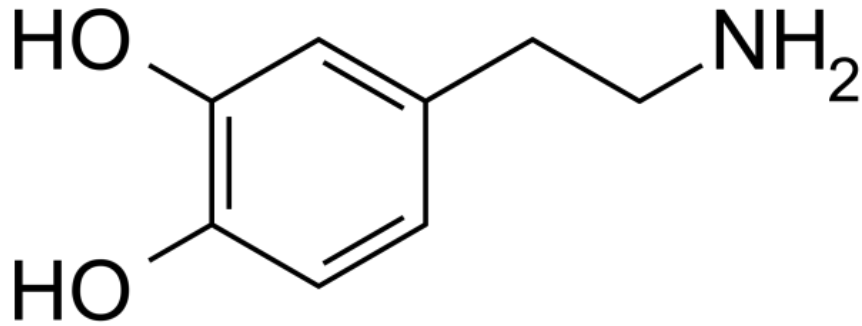


Functions of the hippocampus



Brain chemistry

Dopamine



Serotonin

Effect on the mood

Upbeat music – pop, edm, hip-hop, disco can boost your mood by increasing dopamine.

Sad music – (some classical), alternative helps process emotions, feel understood.

Metal, techno, rock, trap music boosts adrenaline and makes us feel more energized (workouts).

Slow, calming, ambient music helps lower stress.



Not listening
to music



Listening to
music

Productivity

Classical or instrumental music can help you focus.

Lo-fi (low-fidelity), ambient music or noise music creates a relaxed work environment.

Fast-paced music can boost energy and motivation.

Low-fidelity

Style of music that uses background noise, static or distortion. Features beats, rhythms and melodies to create calm atmosphere.



Ambient music

Style that focuses on creating a feeling. It's usually slow and gentle. Features atmospheric textures, natural noises (wind, rivers, rain, birdsong) to create a calming effect.

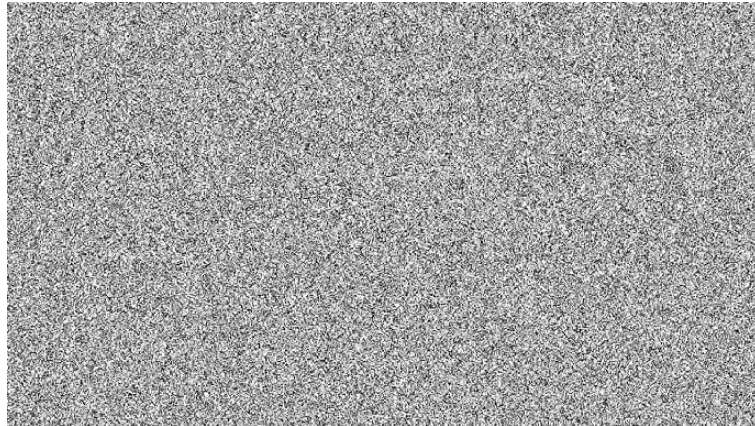


Noise music

About exploring the different sounds our ears can hear.

White noise - sounds like a static sound on a TV or a radio, or like a strong wind.

Brown noise – deeper and rumbling sound.



Quiz

1. Which part of the brain links music to memories?

2. What chemical is released when we feel good?

3. Which part of the ear converts vibrations into electrical signals?

4. What color noise sounds like static?

5. What type of music can boost energy and motivation?

Thanks for watching!