

Article: “5 positive effects music has on your mental health”

Authors’ name:-

Authors’ credentials:-

Thesis:Music has positive effects on people’s mental health

Supporting ideas:

1. Music elevates people's mood and motivation
2. Music reduces stress and helps to relax
3. Music can reduce anxiety and depression

Summary Paragraph:

The author makes three main points in his article. Firstly, music elevates people's mood and motivation. The writer states that, according to researchers, the best music to start a day is classical and ambient one, but the worst ones are metal and hard electronic music. The second point is that music reduces stress. According to the author, “certain genres of music have the innate ability to reduce stress”. For instance, ambient and quiet music can decrease the level of stress. Moreover, the writer asserts that listening to music helps to relax at the end of a hard day and before bedtime. The author ends by saying that music can help to cope with anxiety and depression, based on the research of Dr. David Lewis-Hodgson of Mindlab International.

Примечание [G.V.1]: Include an in-text citation for a quotation

Total: 4 (A)