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

**Authors’ name: -**

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

**Supporting ideas:**

1. Music elevates people's mood and motivation
2. Music reduces stress
3. Music improves focus
4. Music helps relaxation
5. Music can reduce anxiety and depression

**Summary Paragraph:**

Author makes five points in his article. The first point is that music elevates people's mood and motivation. He 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 author, “certain genres of music have the innate ability to reduce stress”. For instance, ambient and quiet music can decrease level of stress. Author further states that music helps people to concentrate. To improve focus author recommends listen to instrumental or classical music. The next author idea is that music provides relaxation. Author asserts that listening to music helps to relax at the end of a hard day and before bedtime. Author ends by saying that music can help to cope with anxiety and depression. He or she includes the fact that “instrumental, classical or ambient music can help reduce anxiety by up to 65%”, what based on research of Dr. David Lewis-Hodgson of Mindlab International.