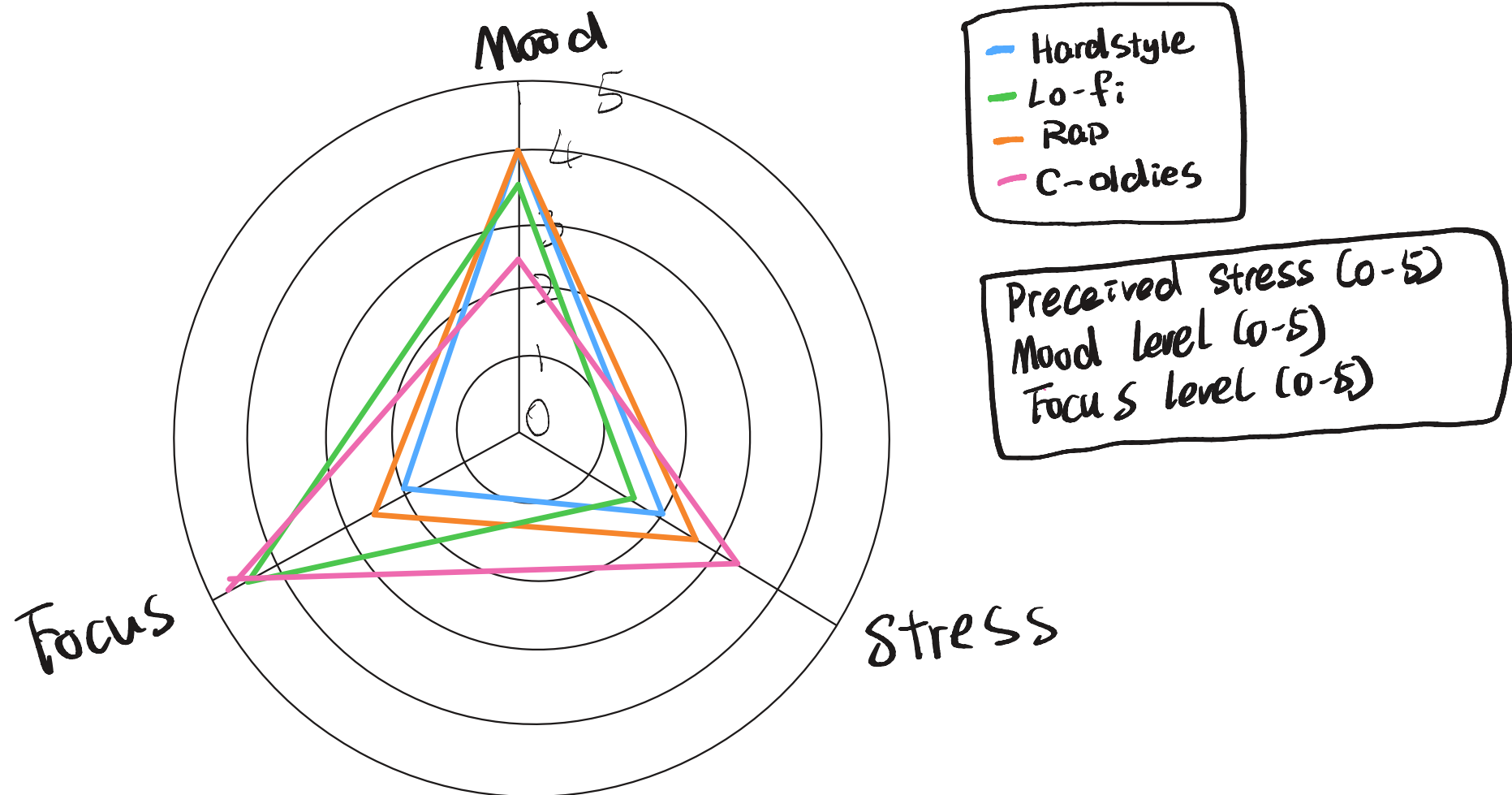


How Do Different Music Genres Affect Stress, Mood and Focus.



Different types of music influence people's emotional and cognitive states differently. Relaxing genres such as Lo-fi or C-oldies tend to reduce stress and improve both mood and focus, while energetic genres such as Hardstyle or Rap may increase energy but reduce focus level.