**#80 Listening to Music Releases Dopamine in the Brain**

Music hits different, especially when it’s the kind you love. The reading explains how listening to music, or even just waiting for your favorite part of a song, releases dopamine, the same “feel-good” chemical linked to rewards. That’s probably why music is such a go-to for stress relief or motivation. In web design, this opens the door for creative ideas like letting users play their own background music or triggering subtle audio cues after an action. Think of apps like Duolingo or meditation platforms—when used right, sound can enhance the experience. One thing the reading didn’t mention is how personal music is. What feels relaxing to one person might annoy someone else. So if you’re going to add music to a site, let the user control it—that builds trust and keeps the experience positive.

**#84 People Want What’s Familiar When They’re Sad or Scared**

When people are stressed, they don’t want surprises—they want comfort. The reading talks about how people tend to stick to familiar brands or routines when they’re feeling down or anxious. That’s super relevant in design. If you’re building a site for something serious like health info or customer support, using a clear layout and familiar features (like simple menus or trust badges) can make users feel safer. Something I’ve noticed is that even small things—like the color of buttons or font style—can throw people off if they’re already feeling overwhelmed. So, for my bioSite project, I stuck with a clean design, used consistent visuals, and avoided anything too flashy to make it feel easy to navigate and familiar.