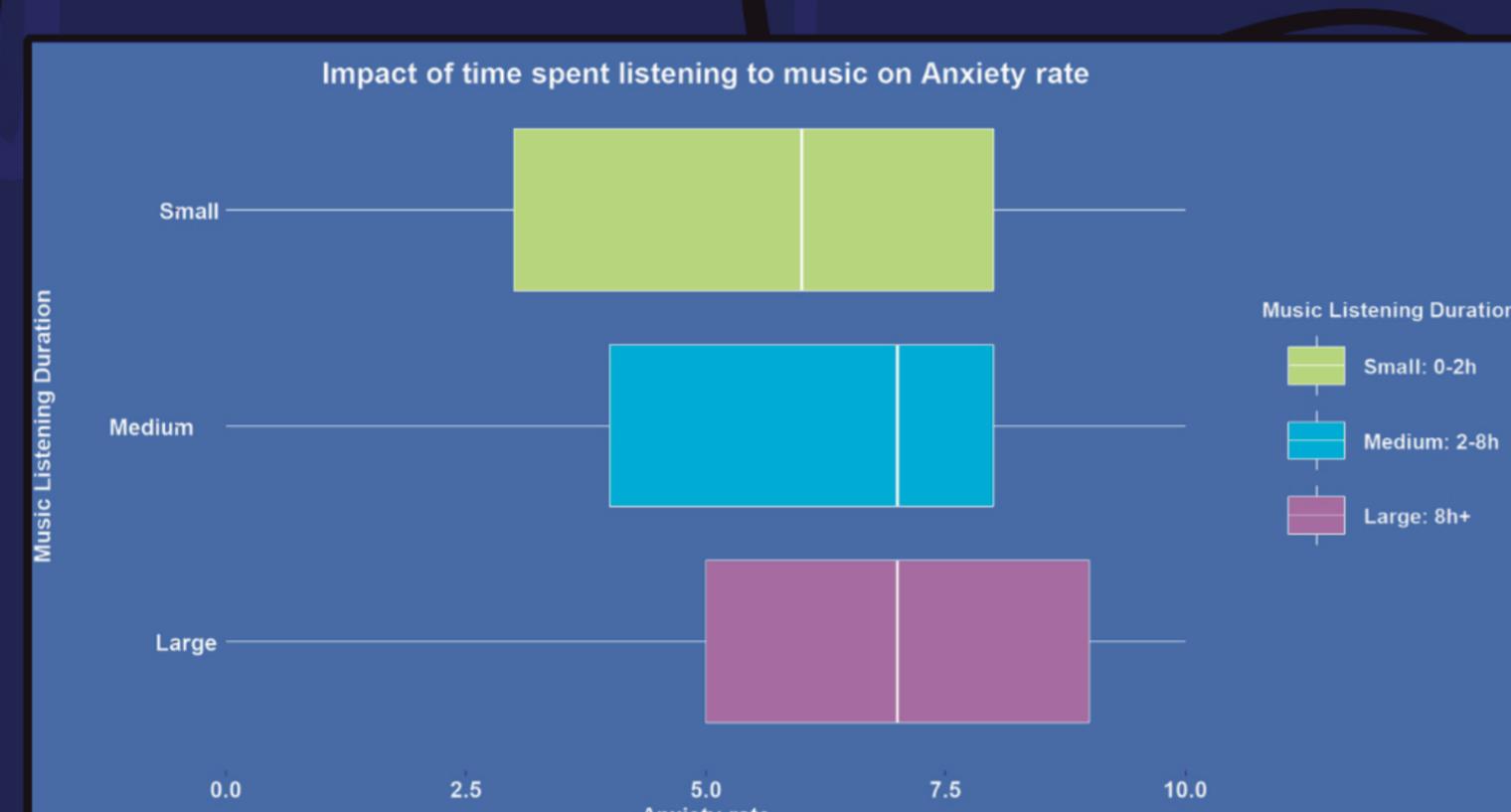


DON'T DO DRUGS DO MUSIC

According to WHO, anxiety disorders affected 301 MILLION PEOPLE in 2019 alone, placing them as world's most common mental health conditions, which places them as world's most common mental health conditions. Many people use medication to combat their anxiety. But is there a different way? Let's explore the therapeutic (and negative) effects MUSIC can have in managing anxiety.

MORE ISN'T ALWAYS BETTER

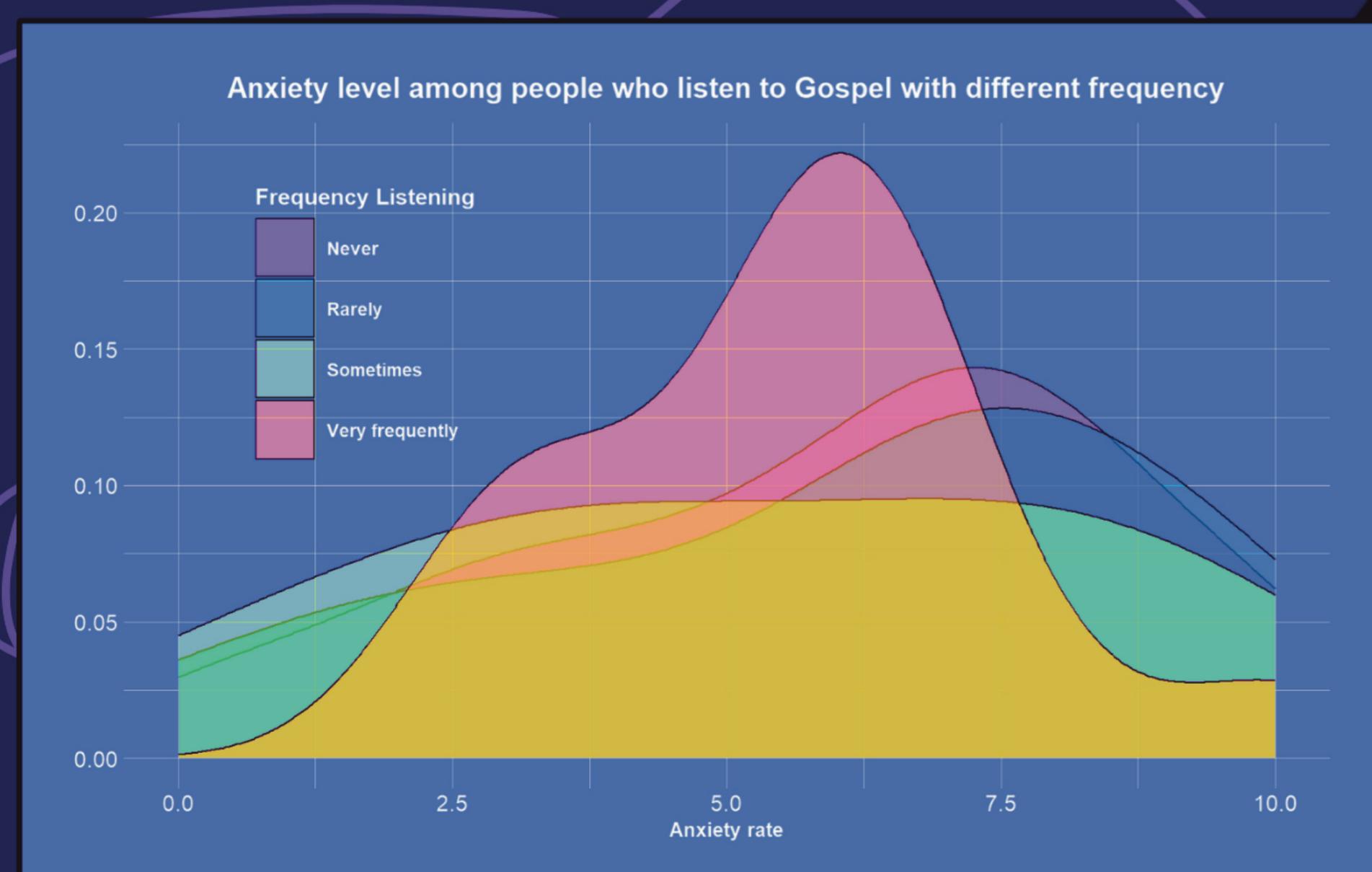
We often turn to music to unwind and lift our spirits after a tough day. Whether during commutes or chores, those hours can quickly add up—especially



for individuals with higher anxiety, potentially increasing feelings of overwhelm. Our music choices mirror our emotions: somber tunes when we're down, fast-paced angry tracks when stressed. While music can help us feel understood, it may also intensify emotions, trapping us in a cycle of feeling worse for longer.

IT'S ALL ABOUT COMMUNITY

We found that the average rates of anxiety fall as the frequency of listening to gospel increases. This effect may be due to the nature of the genre itself. Gospel is a traditional form of Christian music that is strongly associated with communities centered around care and support. For people with anxiety disorders, this environment can create conditions conducive to recovery. Research indicates that the presence of dedicated, caring individuals can enhance recovery outcomes more effectively than therapy alone.



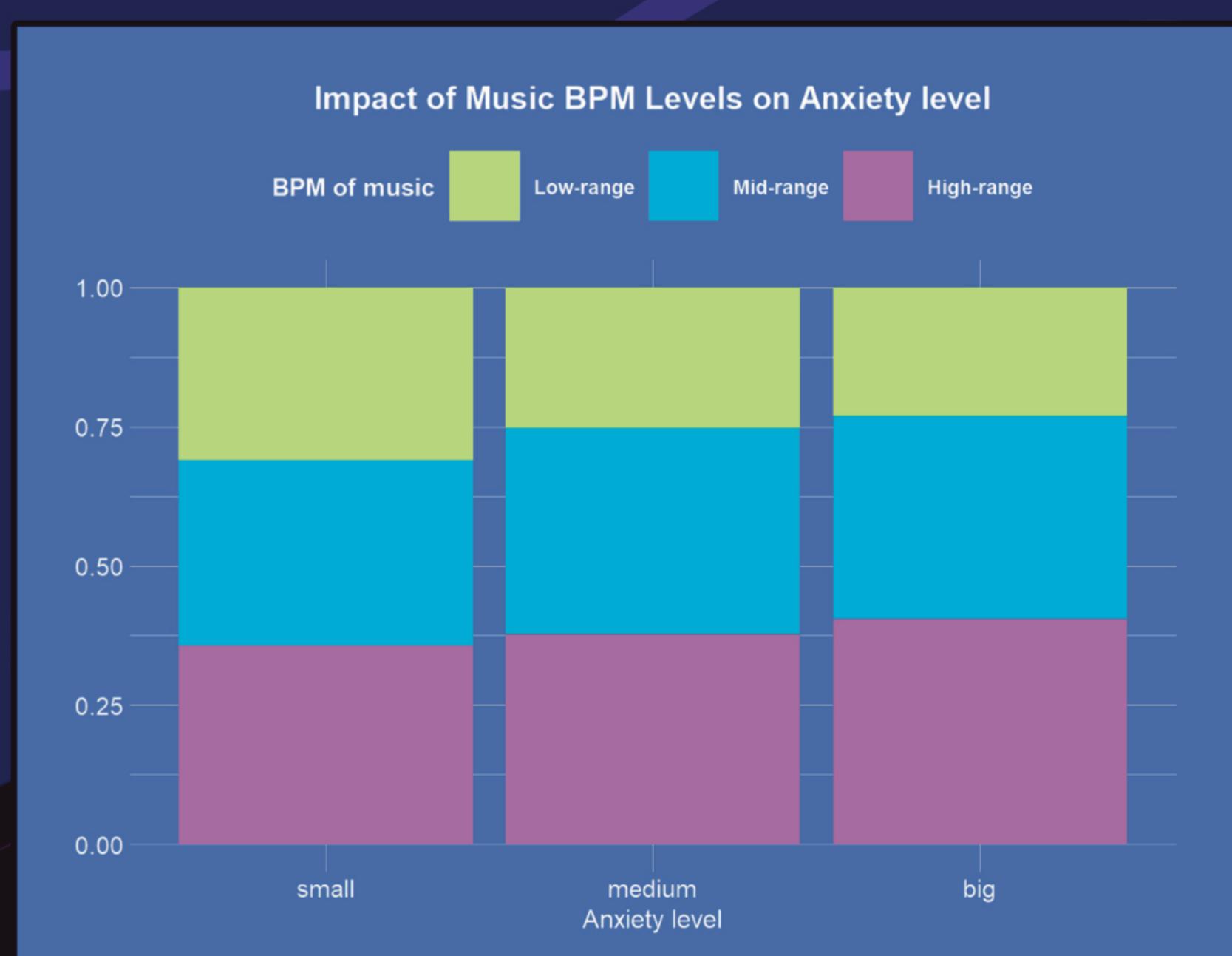
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Źródło: <https://www.kaggle.com/datasets/catherinerasgaitis/mxmh-survey-results>

SLOW DOWN A LITTLE

Although feeling anxious or depressed can prompt us to seek upbeat, fast, more motivational music, it is actually slower tunes that can help alleviate those negative feelings. Studies show that our brains can synchronise with music at ~60bpm, making us enter a state of relaxation. If your intrusive thoughts keep you from falling asleep, listening to slow music for around 45 minutes before bedtime can help your brain get ready for a well deserved rest.



STOP LISTENING ON COMPANY TIME

If your intrusive thoughts won't leave you alone at work, you might be tempted to drown them out with music. Anxious people show a tendency to listen to music all day, especially at work. While it might seem like a good instant solution, long listening times can lead to a further dysregulation of your nervous system. If you're feeling overwhelmed, find moments in which you can recalibrate and relax throughout the day. Maybe even with the use of slower music...

