

# The impact of music on mental health

Music plays an important role in all of our lives. But listening to music or playing an instrument is more than just a creative outlet or hobby — it's also scientifically good for us. Research shows that music can stimulate new connections in our brains; keeping our cognitive abilities sharp and our memories alive. —Prof. Larry Sherman

Personally music has been greatly beneficial to me in all aspects of my life, comforting and inspiring me every day. It can change my mood within minutes and make me have a different outlook on a current on my life at the time, and I'm not alone almost all of my peers use playing or listening to music as a escape from regular life.

On a grander scale music has influenced entire country's such as when heavy metal band Metallica performed to 1.6 million people in 1991 which played a part in the dissolution of the Soviet Union and their communist rule.

Music is deeply integrated with politics and world relations many of the best and most popular artist have a political message if you look hard enough.

all music has a message or meaning that has resonated with countless listeners and impacted the world greatly.