



How Does Music Effect Your Mood?

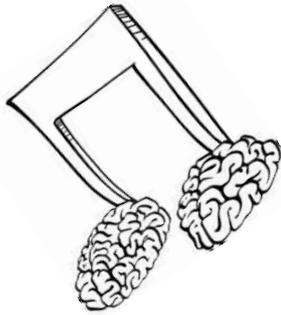


DEMENTE
STUDIO
www.dementestudio.com



This power point was researched and provided by Celeste Morais and Marie Fandy.

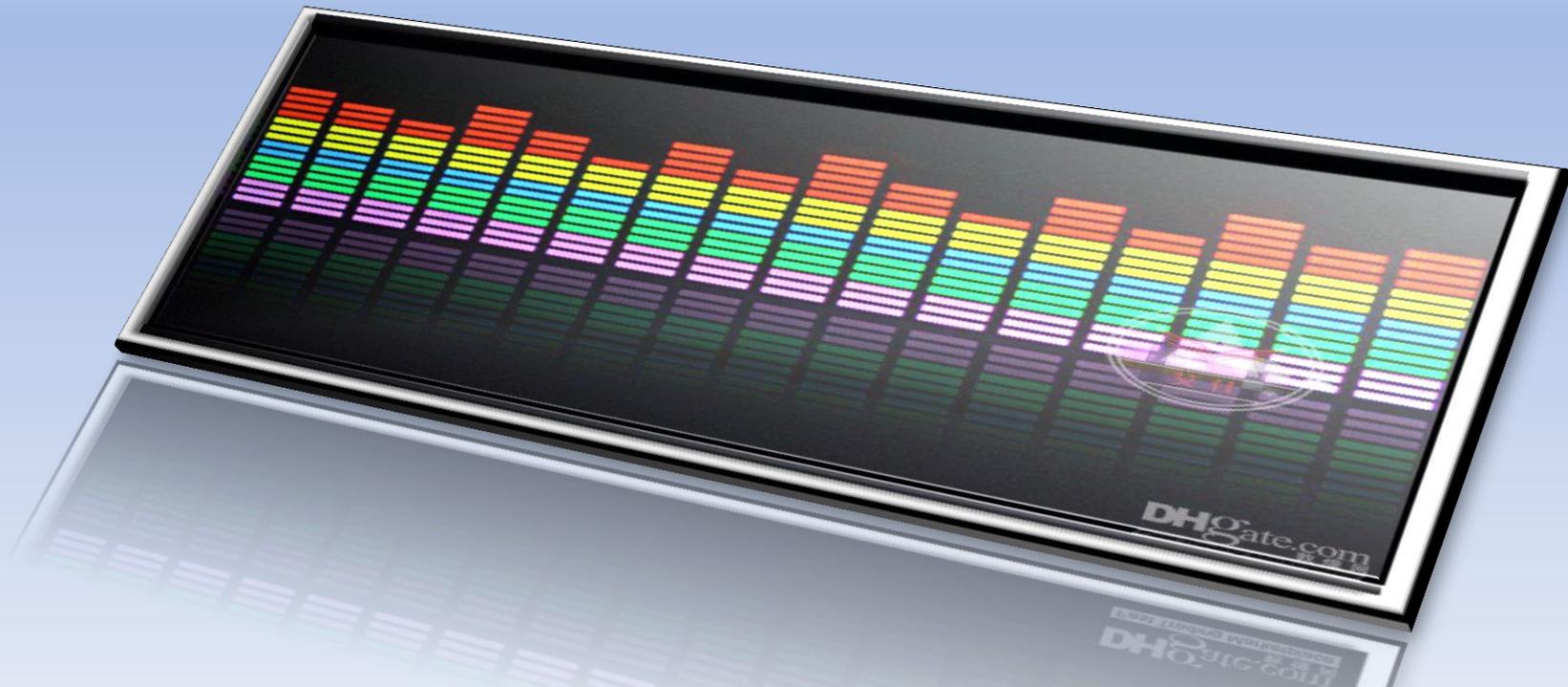




Rhythm

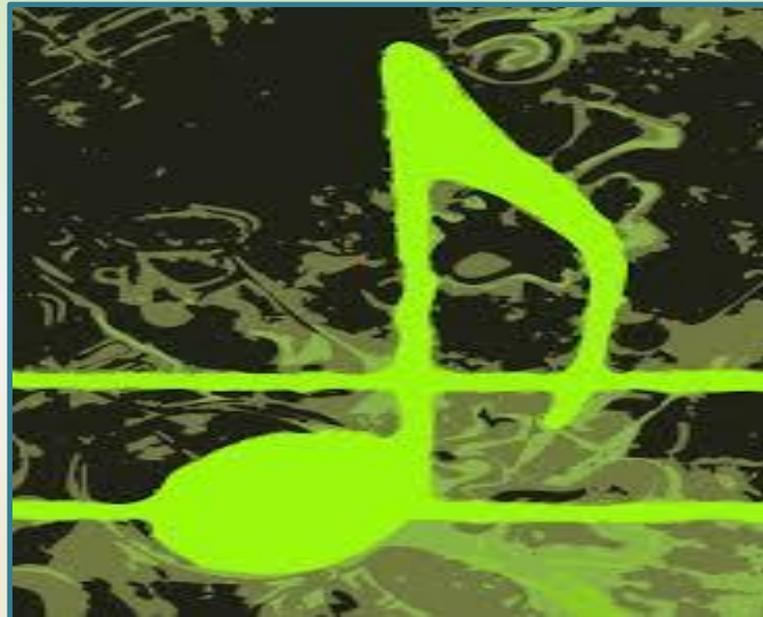
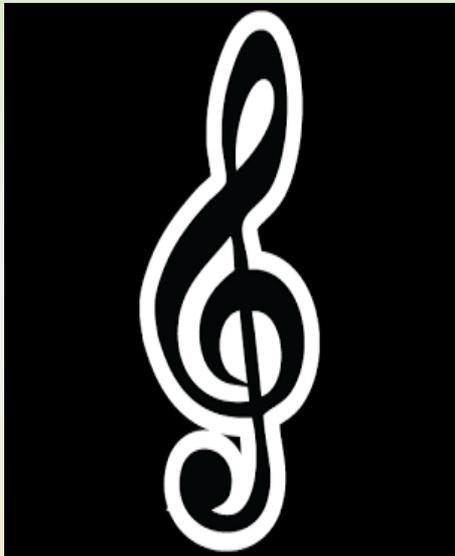


- **When you listen to rhythm your hearts starts to synch with it.**
- **Slow heartbeats with strong blood pressure tells our brain that something sad or depressing is occurring.**
- **Very fast beating is related to excitement.**
- **Dreamy rhythm with some upbeats can signify love or joy.**



Tones

- A major key (high note) signifies cheerful communication to our brain.
- Minor key (low note) pieces closely copy the sighs and soft keening's of lamentations.
- Tones are creating more pieces aimed at not just speaking to the brain, but directing it to achieve challenges.



Cheery and Soothing Music

- *Listen to upbeat music in the morning to help you get up and go!*
- *A way to decrease your anxiety is by using soothing music and meditation.*



Depressing Music

- Those who listened to depressing music, remember the bad things in the course of their life.
- They will also have dreadful thoughts, and concerns about family, and people whom they are concerned about.





Inspirational Music



- *Inspiring music can get you out of the dumps, literally.*
- *Inspiring music like “Eye of the Tiger” by Survivor and “Stronger” by Kelly Clarkson are filled with inspirational messages that uplift your mood.*
- *If you sing “I Will Survive” at the top of your lungs, it can give you strength and motivation.*



Survivor

Fast and Hard Rock Music

- Don't listen to this genre of music non-stop.
- The quickened heart beat will begin to produce a vague message of anxiety.
- Save the constant listening for when you want get up and dance.



Citations

<http://bestbinauralbeats.org/how-music-affects-our-mood/>

<http://examinedexistence.com/how-music-changes-your-mood/>

https://www.google.com/imghp?gws_rd=ssl