

The Healing Power of Music

It doesn't just fill in the silence, it fills in the soul.



Music is a powerful, yet underutilized tool that can help achieve many personal health goals. Each part of music, the tempo, progression, tone, and of course, the words, are proven to have an effect on our mood, motivation, memory, and more! Even the restaurants and stores use music to its advantage, whether it is a fast-paced beat to keep people moving at your favorite fast-food place, or a slow, yet melodic piano at a fancy dinner. Learn how to use it to your advantage today!

Reducing Stress

Music has long been believed to help ease and manage stress. Research shows that listening to music can be an effective stress-coping tool. Studies reveal that



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music influences the body's stress response, particularly the hypothalamic-pituitary-adrenal (HPA) axis and the autonomic nervous system.

Gaining Motivation

Fast-paced music can be a powerful workout motivator, and people tend to exercise longer when listening to music compared to working out in silence. High-tempo tracks, in particular, can enhance performance during intense workouts—without making you feel like you're pushing harder. You might be working out more intensely without even realizing it.

Losing Weight

Music may offer a surprising psychological boost for those aiming to lose weight. Calming tunes paired with softer lighting could actually support your weight-loss goals. Research shows that listening to music at its natural tempo is linked to a normal eating pace. Other studies suggest that when music distracts or heightens arousal, people may ignore cues of fullness and overeat.

Improve Memory

One study found that students with little or no musical training learned more effectively when listening to upbeat, positive music—likely because it enhanced mood without disrupting memory formation. In contrast, students with musical training performed better on learning tasks when listening to neutral music, which was less distracting and easier to tune out.

Sources:

Kendra Cherry MEd. "How Listening to Music Can Have Psychological Benefits." Living Well (2024): Very Well Mind.