Walk with a Doc Healthy Living Series

MUSIC & HEALTH

Whether listening to upbeat songs while you walk, learning to play an instrument, singing, or attending a concert with friends, music can be a powerful tool for both your physical and mental health!

Happy

Music can **reduce stress, depression, and anxiety** because it's processed in the part of the brain that impacts mood and emotions.

Music can help **improve the quality of your sleep.** Try listening to relaxing songs or white noise to help you wind down.

PAIN

Music can help **ease and manage pain** by reducing stress levels, releasing dopamine, and providing a strong competing stimulus.

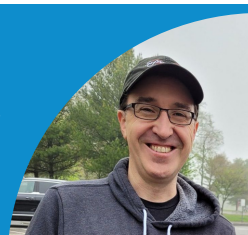
Music can **improve heart health** by lowering heart rate, blood pressure, and cortisol levels while increasing serotonin and endorphin levels.

Music can improve your temporospatial processing, **increase cognitive function**, and **improve memory**.

Music can increase your endurance and motivation to be more **physically active**. Try walking or dancing to your favorite songs!

Visit **walkwithadoc.org/Spotify** for some of our favorite walking songs!

www.walkwithadoc.org | Thanks to Dr. Michael Rocha in New Bedford, MA for these tips!



https://www.northshore.org/healthy-you/9-health-benefits-of-music
https://www.health.harvard.edu/blog/can-music-improve-our-health-and-quality-of-life-202207252786
https://greatergood.berkeley.edu/article/item/five_ways_music_can_make_you_healthier