

# Why Is Music So IMPORTANT? - Just a few facts...Gleaned from the Web



## Music rewards the brain

Music stimulates the brain regions involved in reward and emotions. The result? It's a fun, awesome mental exercise that improves your self-esteem.

1



## Learn to actually listen

Kids that study music are better at picking up foreign languages and detecting speech in noise - even if they only studied briefly, long ago!

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## Do better in school

Studies show that kids involved in music have better reading skills, know their maths and tend to be brighter. SAT takers that studied music scored 47 and 43 points higher on their verbal and math tests, respectively.

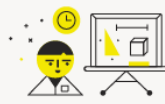
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## Best way to stay in school

A staggering 96% of school principals agree that music education encourages and motivates students to stay in school.

4



## Helps kids grow up

Learning music enables kids to better express their ideas, accept criticism and improves their critical thinking and problem solving.

5



## Makes kids nicer

Kids hooked on music are better team players, less aggressive and more cooperative with teachers. There are less fights, racism and hurtful sarcasm in schools with good music programs.

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# The benefits of learning a musical instrument



From Joy Tunes Blog

## Health Benefits of Playing an Instrument

In [LEARNING TO PLAY](#) December 30, 2015

We all know daily servings of fruits and vegetables are key in keeping us healthy, but what about our daily dose of music? Just as exercise, eating right, and sufficient sleep are needed to keep body and mind fit, so is music. Sure listening to is also beneficial, but we are talking about something far more magical—making music.

While most of us love and appreciate music to varying degrees, those among us who actually make it are among the happiest, and believe it or not, the healthiest. With so much emphasis placed on keeping the body healthy, it's time we focus on our minds as well. So while you are busy making your Pilates

schedule and running to the organic market, take a moment to think about something else that is immeasurably good for your health, playing an instrument.

Besides looking killer on your college resume, let's run down some of the downright astounding benefits of playing an instrument.

## **Keeps The Mind Sharp**

For those who start playing at a young age, the benefits are tenfold. Playing an instrument as a child or adolescent helps [preserve the mind keeping it sharp](#) as we age. In the long run, this can mean keeping diseases like [dementia](#) and Alzheimer's at bay.

Furthering this point, in several cognitive tests performed by researchers those who knew how to play an instrument or read music scored significantly higher on cognitive tests than those who didn't. Playing also has the ability to increase your IQ by several points. Quick, what's eight multiplied by nineteen!? Thought so.

## **A Natural Chill Pill**

Still not convinced about the benefits of making sweet, sweet music? Studies have found that playing an instrument significantly decreases levels of stress, anxiety, and depression while lowering blood pressure and decreasing risk of heart disease and other vascular problems.

## **Improves Immune Function**

Find yourself frequently sick? There is mounting proof that suggests those who play an instrument have healthier [immune systems](#) and are better able to ward against cold, flues, and viruses. Bring on the winter.

## **Increases Memory & Concentration**

So you've forgotten your sister-in-law's mother's name for the fourth time this month. Playing an instrument can help! Making music [increases memory capabilities](#), especially among those who are able to read it.

Want to stop zoning out at important meetings (sometimes)? Playing music increases discipline, focus, and overall concentration.

## **It's A Wonderful Outlet**

Besides relieving stress, playing an instrument is a wonderful form of self-expression. So before you going dying your hair or buying that Porsche (hem hem, we're looking at you Steve and your mid-life crisis) think about taking up an instrument. It's truly a fantastic way to express yourself mind, body, and soul. With the increased recognition the benefits of music have recently gained for mental health, music therapy has also gained increasing momentum lauded for its ability to help patients with ailments ranging from physical to emotional.

So for all you folks out there still without an instrument, now's the time, go make music!