

Musical Benefits for an Aging Mind



If you are looking to keep your brain active, music is a great place to start. Music has the ability to reduce anxiety and blood pressure and improve sleep quality and memory. Check out these five ways music heals the mind.

1. Recollect a memory

Music has the power to bring back memories of the time when you first heard a specific song. It can even spark up a conversation with someone who also remembers a time in their life when the song made an impression on their life.

2. Reduce depressive symptoms

A 2020 study from UC Davis Health, showed that personalized music was associated with a 13% decrease in individuals on anti-anxiety medications and a 17% fall in reported pain. There were also reports of a 30% decline in aggressive behaviors after being exposed to music for three years.

3. Improve cognitive outcomes

Alzheimer's disease decreases brain function; however, throughout a three-week participation program, music therapy helped to improve outcomes resulting in full brain recognition. Throughout the stages of the disease, verbal communication can become difficult, so switching to a more therapeutic, musical approach can help you connect to your loved ones.



4. Social connections

Whether you are home alone, just moved to a new area, or out for a walk, music can connect you to the world around you. By opening up to others and sharing thoughts or experiences, music starts the conversation and lets you know you are not alone.

5. Learn an instrument

When a group of older adults learned to play piano, not only did their mood increase, but their memory and problem-solving techniques did as well. For just an hour a day, you can learn to play an instrument and strengthen both sides of your brain.



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