

HEALTH BENEFITS OF MUSIC

- ♪ Reduce stress and improve mood.
- ♪ Lower blood pressure.
- ♪ Boost the immune system.
- ♪ Improve breathing.
- ♪ Reduce perceived pain.
- ♪ Improve sense of rhythm.
- ♪ Promote learning in children.
- ♪ Forge comforting memories.
- ♪ Promote communal bonding.
- ♪ Provide comfort.
- ♪ Motivate and empower.

Sounds can influence brain wave frequencies and promote well-being!

Encyclopedia of Entertainment

Presented by:
**The Partnership**
for a Healthier Carroll County

8 Dimensions of Wellness

INTELLECTUAL



WEEK 3 - DAY 5

WORKSITE WELLNESS



Music has a powerful impact on our minds.

Playing any musical instrument, including your voice, and listening to music can increase intellectual wellness by learning how to create sounds, make patterns and emote through music.

Music can heal wounds that medicine cannot touch.

*Debasish Mridha, MD
Neurologist*



You Tube

Click [Here](#) for a video on Music and Intellectual Wellness



EMOTIONAL



SPIRITUAL



INTELLECTUAL



PHYSICAL



ENVIRONMENTAL



FINANCIAL



OCCUPATIONAL



SOCIAL