



# Colorado Lawyer Assistance Program

## **Surprising Benefits of Music**

*“Music gives a soul to the universe, wings to the mind, flight to the imagination, and life to everything.” ~ Plato*

When was the last time you listened, played, sang along with, or danced to music?

Throughout the year, Colorado is a great state to experience performances that involve music at both indoor and outdoor venues. There are concerts, plays, musicals, symphony performances, and movies going on every day throughout different parts of the state. In addition, there are approximately 240 radio stations that play a wide variety of tunes.

Music can be found in every known culture on Earth, past and present; it varies dramatically between different cultures and serves multiple purposes, such as, passing along oral tradition and history, warding off enemies, entertainment, expressing spirituality, providing structure and meaning to rituals, etc. It's no wonder that activities related to music have been such a focal point of human existence. Research shows that the many benefits of listening to music, playing an instrument, dancing, or singing include:

1. Improved visual & verbal skills;
2. Increased endorphins that improve mood;
3. Improved cardiovascular system, including strengthening the heart, decreasing blood pressure, and reducing pulse rates;
4. Better sleep patterns and more restful sleep;
5. Boosted immune system and reduced levels of the stress hormone cortisol;
6. Reduction in anxiety and overall stress;
7. Improved sound-processing ability, improved hearing.
8. Increased levels of oxytocin, resulting in reduced pain and improved mood;
9. Improved memory across lifespan; and
10. Increased serotonin levels that reduce depression.

Find out more in the articles below, and sing/dance/play your way to a healthier you!

<http://www.cnn.com/2013/04/15/health/brain-music-research/>

<http://ideas.time.com/2013/08/16/singing-changes-your-brain/>

<http://www.psychologytoday.com/blog/the-athletes-way/201310/why-is-dancing-so-good-your-brain>

<http://www.psychologytoday.com/blog/the-athletes-way/201311/musical-training-optimizes-brain-function>

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*Do you need help coping with your stressors and letting them go? Your Colorado Lawyer Assistance Program provides free and confidential services for judges, lawyers, and law students. If you need resources for ANY issue that is compromising your ability to be a productive member of the legal community, or if there is someone you are concerned about, contact COLAP at (303) 986-3345. For more information about COLAP, please visit [www.coloradolap.org](http://www.coloradolap.org).*