

The role of music in mental relaxation

Stress reduction

- Listening to soothing music that relaxes the body and mind can significantly reduce stress. Relaxation music helps you connect to inner peace. Reducing stress not only makes you feel better, but can also improve your health.

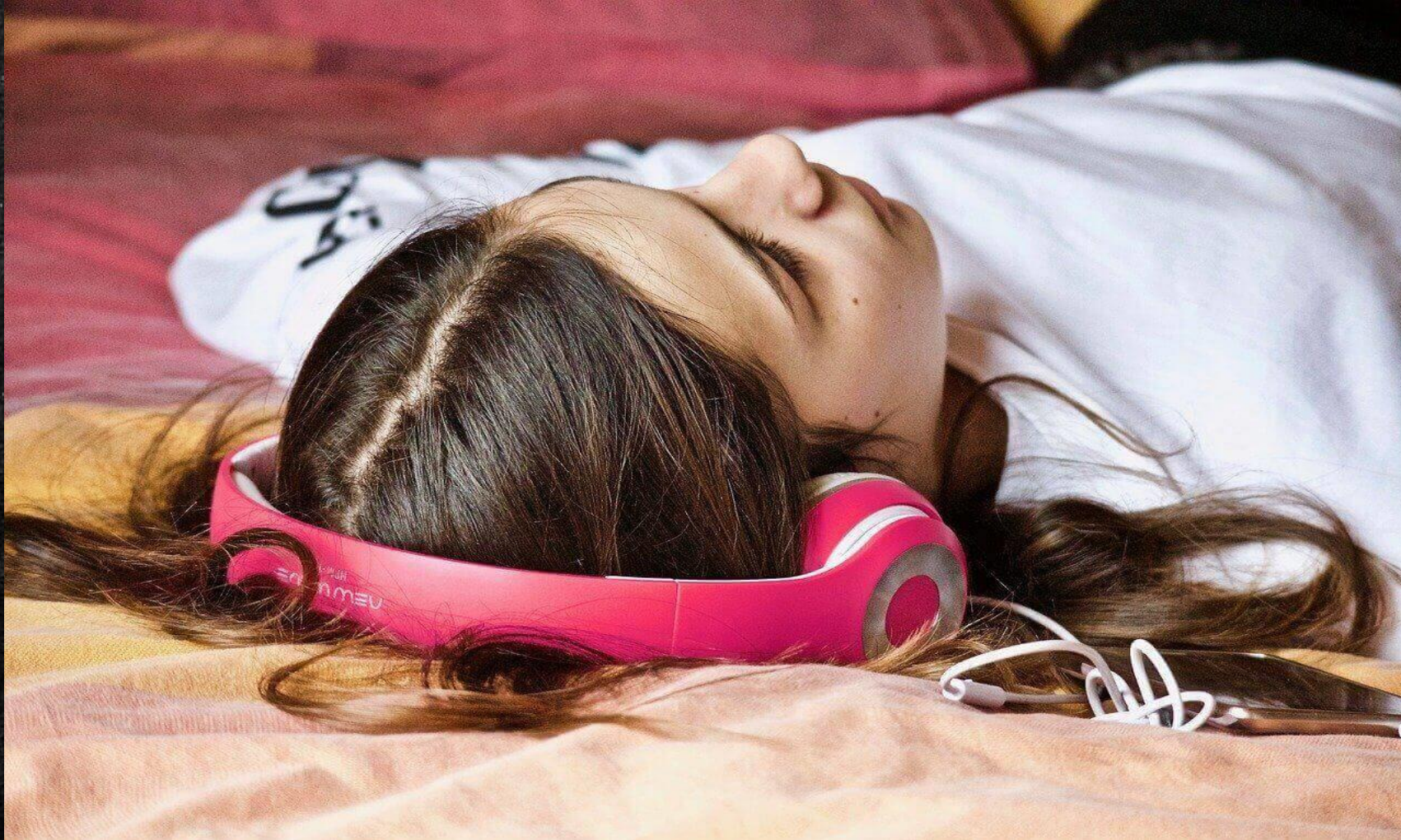
Music helps with physical recovery

- However, the benefits that music brings to our lives are many more, and some of them are downright amazing.
- Music helps us to endure pain more easily, decreasing the level of intensity we feel. Precisely for this reason, palliative medicine and that which deals with geriatric conditions use it in programs to prevent and alleviate the suffering of patients.
- Physical exercises are easier to perform if we listen to our favorite sound works while performing them. Music helps to maintain motivation, but also to increase performance through the ability to increase working time and effort.
- The secret is an obvious one: as long as you focus on pleasant sounds, you are no longer as focused on the weight of the exercises you perform or on the distance you have to cover.
- A study conducted by researchers from Cornell University in New York showed that physical recovery after a demanding workout is much easier if you listen to the music you like. Moreover, in this case, the fast works, which amplify the euphoria, are equally effective, as are the slow ones, which induce the relaxation effect.

It calms you down on the plane

- Air travel can be a daunting experience for many travelers. Listening to soothing music before and during the flight can greatly reduce feelings of stress by putting you in an atmosphere of serenity.

Relaxation



PIANO



The piano was founded on earlier technological innovations in [keyboard instruments](#). [Pipe organs](#) have been used since antiquity, and as such, the development of pipe organs enabled instrument builders to learn about creating keyboard mechanisms for sounding pitches. The first [string instruments](#) with struck strings were the [hammered dulcimers](#), which were used since the [Middle Ages](#) in Europe. During the Middle Ages, there were several attempts at creating stringed [keyboard instruments](#) with struck strings. By the 17th century, the mechanisms of keyboard instruments such as the [clavichord](#) and the [harpsichord](#) were well developed. In a clavichord, the strings are struck by tangents, while in a harpsichord, they are mechanically plucked by quills when the performer depresses the key. Centuries of work on the mechanism of the harpsichord in particular had shown instrument builders the most effective ways to construct the case, soundboard, bridge, and mechanical action for a keyboard intended to sound strings.

Music Makes You Happier

- Research has shown that when we listen to our favorite music, the brain releases dopamine, a "good mood" neurotransmitter. Valorie Salimpoor, a neuroscientist at McGill University, injected eight music lovers with a radioactive substance that binds to dopamine receptors after the subjects listened to their favorite music. A PET scanner showed the release of large amounts of dopamine, which biologically caused the participants to feel emotions such as happiness, joy, etc. So, the next time you need an emotional boost, listen to your favorite music for 15 minutes.
- "I don't sing because I'm happy, I'm happy because I sing"
- William James.