Music and Mental Health Disorders

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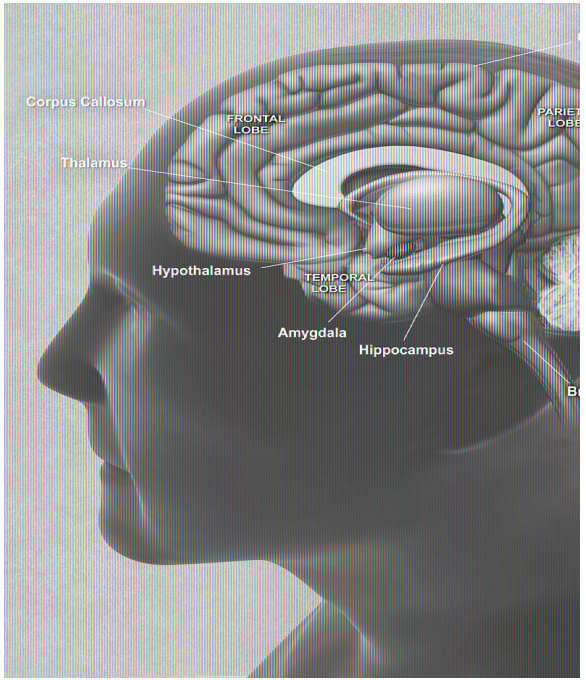
Let’s start with a video

How Music Affects Your Brain

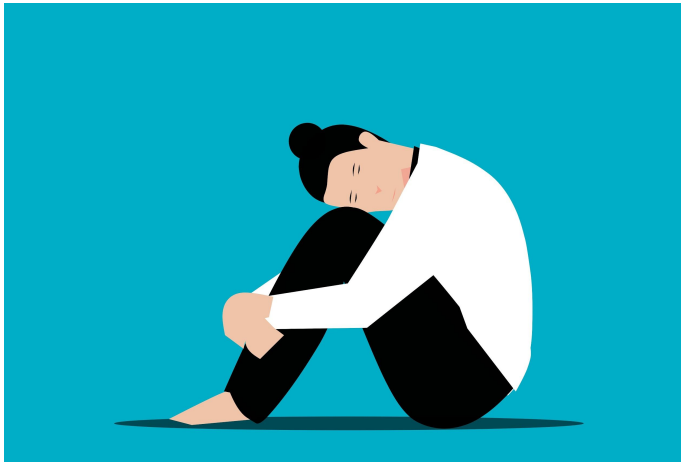
https://youtu.be/s19Fr-_WaXo



Depression, let’s talk about it.

Depression- A mental health disorder characterized by persistently depressed mood or loss of interest in activities, causing significant impairment in daily life.

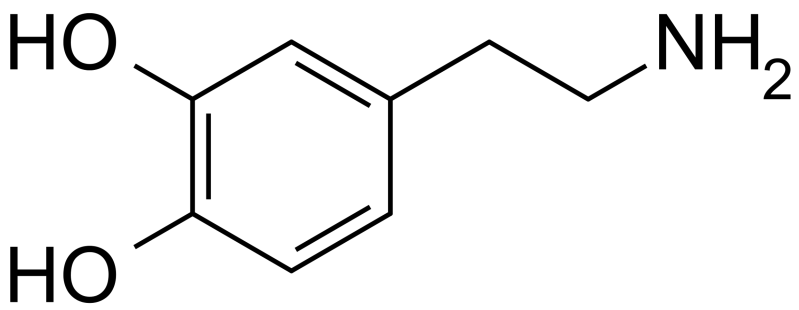
- Ages 18-29
- Women



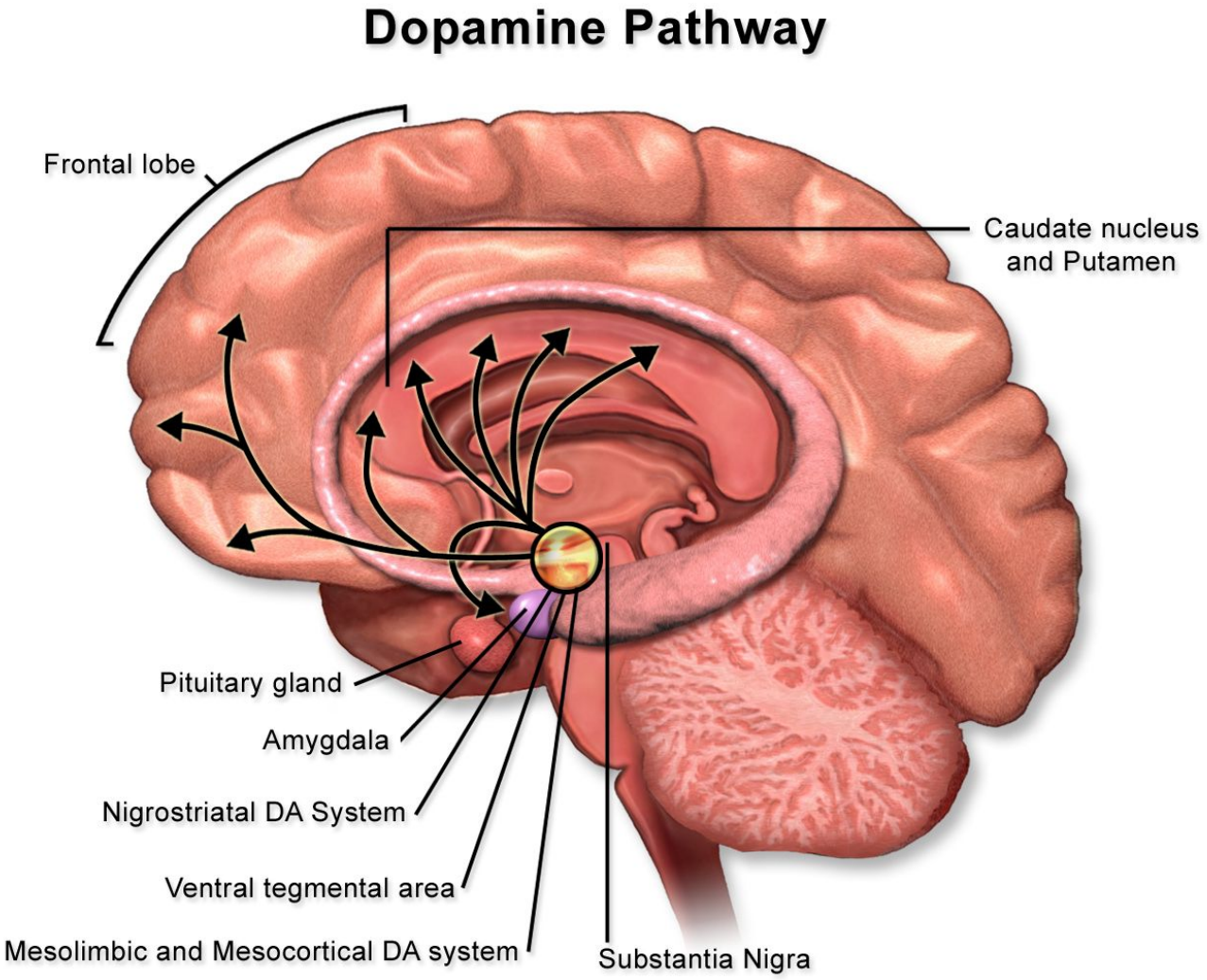
What is Dopamine?

Dopamine- a neurotransmitter that plays a role in pleasure, motivation, and learning. It's also linked to some major diseases.

- Chills
- “Feel good” chemical
- Movement, memory, focus



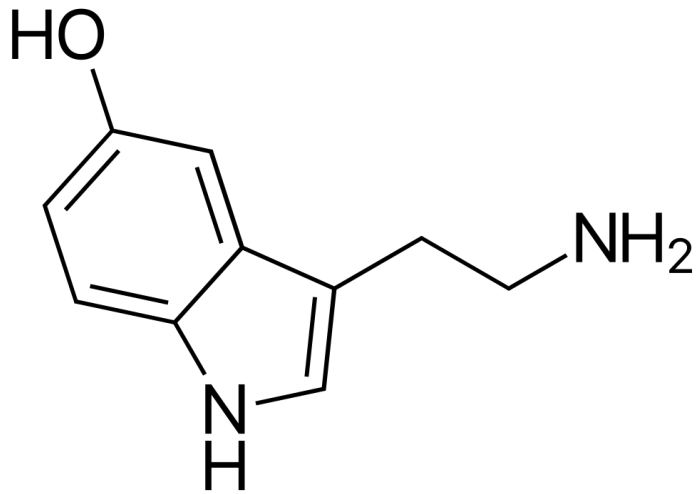
Substantia Nigra
Ventral tegmental area
Hypothalamus



What is Serotonin?

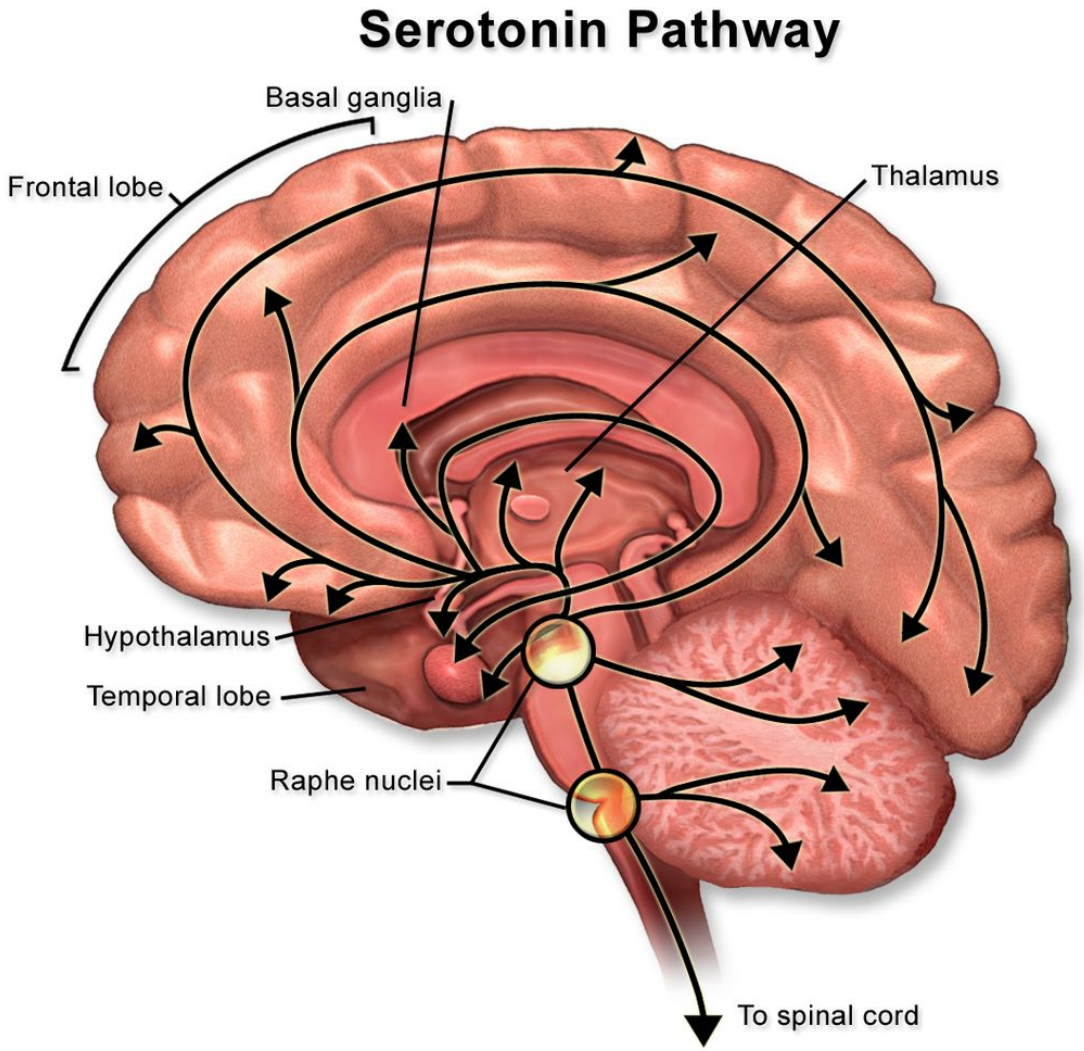
Serotonin- a chemical messenger that's believed to act as a mood stabilizer. It's said to help produce healthy sleeping patterns as well as boost your mood.

- Learning, memory
- Vomiting
- “Feel good” chemical
- Prevent depression



Raphe nuclei

Digestive tract



How does music affect the brain?

“Research has found that when a subject listens to music that gives them the chills, it triggers a release of dopamine to the brain (“How Listening to Certain Songs Can Impact Our Brain and Affect Our Mood”).”

“Research has shown that listening to music can reduce anxiety, blood pressure, and pain as well as improve sleep quality, mood, mental alertness, and memory (“Keep Your Brain Young with Music.”).”

Why is this important?

Serotonin/Dopamine=preventative

Music releases neurotransmitters

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