
How Does the Study of Music Help in Other Areas of Your Life?

Studying music is known for many benefits. Stress busting, anxiety aiding, and self-expression are some of the many perks you can gain. The study of music has also contributed to an increase in memory power, motivation, and mood. Research says music can help stimulate a good mood, and a good mood is a factor to positive work outcomes, and better learning experience. For me, music has really helped me with my academics, and it has always helped me focus on my work.

An example of one of the many benefits music has, I always go to my harp whenever I'm stressed or anxious, and it calms me down a lot. Whenever I have a big test or quiz coming up, I go to my harp. Harp is starting to help me express my feelings more, and it is starting to become a part of me that can never be taken away. For me, harp music is my self-expression.

In conclusion, studying music can strengthen your mind, making it easier to focus and study. Music can relieve stress. Music is an amazing way to express your feelings, and music in your life just makes things bright.