

HOW DOES MUSIC HELP YOU AT WORK?

Music helps you regain focus.

A Stanford study found music moves the brain to pay attention. The music choice was influential in brain processing, revealing 1800s musical compositions — Mozart, Bach, and Beethoven — can help employees categorize information.

Music improves productivity.

When a person hears tones with two different frequencies, the brain creates a third tone, called a binaural beat, that represents the gap between them. Research shows people complete work faster and with fewer errors when listening to music with binaural beats.

Music helps creativity.

Listening to happy music facilitates divergent thinking. Researchers found participants listening to classical music while performing a task were more creative than those who performed the task in silence.

Music education can make you better at business.

Business analyst and musician Chris Newton writes on LinkedIn that music helped him with analysis and data, process and workflow, and innovation. He also references collaboration skills: "I love jazz, where everyone is playing off each other, the ideas and inspirations, some ideas rise and some ideas fall, all organic and amazing to be part of."

Music opens up social connections.

According to Psychology Today, musical activities often involve social functions promoting social contact, cooperation, and a sense of belonging with others.

Music is important to health and well-being.

Organizations and businesses may want to add music to their workforce mental health toolbox. Encourage employees to test out some music activities, like joining a chorus, taking a music lesson, or attending a concert. It will help them reduce stress, regain focus, get better sleep, and improve productivity.



Classes, lessons, events
603-448-1642



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