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### ***How Music Influences***

**Music is empowering.** It gives you courage and strength to step outside our comfort zone and the energy to push through. Maybe you use it as motivation right before a presentation/speech or having to sit for a long exam. Or perhaps it gets you through a grueling workout or to go the extra mile.

**Music is inspiring.** Lyrics and musical compositions are inspiring to many. It is part of our identity and we use it to express how we are feeling and boost creativity.

**Music reduces stress.** Whether you are feeling stressed, down, anxious or upset, music can alleviate these symptoms. Just listen to a favorite song. Do you find yourself singing along, tapping your feet, clapping, or all out dancing?

**Music is cathartic.** In some ways, music can be beneficial in releasing negative feelings in a healthy manner. Perhaps its listening to a song that expresses the sadness or anger you feel. However, be mindful of your emotional state. If you notice an increase in depression or anxiety symptoms or an increase in anger, it is time to change the song.

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### ***Looking for some new tunes?***

Fellow classmate, Ella Potter, recommends the album *Now, Not Yet* by *Half Alive* for feel good sounds and mindful lyrics. Check out [YouTube](#) for her favorite song: “Rest.”

The staff of the CSWCS also created a feel good list of songs on [Spotify](#).

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***Other Resources on how music:***

***Influences the brain***

***Affects your mood***

***Emotion and well-being***

***Helps you stay healthy***

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*We are here for you!*

**The Center for Student Wellness and  
Counseling Services**

Please contact us:  
330-325-6757  
[counseling@neomed.edu](mailto:counseling@neomed.edu)

**Crisis Resource Information:**

National Suicide Hotline 800.273.8255  
Crisis Text Line 741-741  
Coleman Professional Services 330.296.3555