

Music is one of the best thing to relax stress

[Art & Culture](#), [Music](#)



Stress is a disturbing thing that always comes following the problem. When stress come a whole felt very messy and lifeless. It seemed like there is no energy to face the world. Thankfully, we have a special supplement to heal the stress that is music. Stress is often brought by sadness and sorrow. It can affect both psychological and physiological, such as being more sensitive, temperamental, and spiritless for psychological effect and for effect to physiological are being weak, tired, and sometimes causes some illnesses like severe headache, asphyxiate, and insomnia.

These effects can be healed by listening to music. Many researches prove that music has power to reduce stress by reducing negative emotions for music can decrease the amount of the cortisol, a stress-related hormone produced by the body in response to stress, and by promoting relaxation of muscles and releasing some of the tension from a stressful day. The soothing power of music is very good. It has a unique link to the emotions, so it can be an extremely effective stress management tool.

Listening to music can have a relaxing effect on our minds and bodies, especially slow, quiet classical music. However, the genre of music to listen when stressed can vary from one person to another. So we can decide what we like and what is suitable for each mood. But even if we don't use to listen to classical music it may be good to try selecting the most calming music. Relaxing music reduces nervous, decreases anxiety, and may have positive effects on sleep through relaxation and distraction from thoughts.

While listening to upbeat, cheerful, and bright music can lift the spirit and make us optimistic and positive. Knowing that the effect of stress will also affect the level of productivity, so it works to prevent this reduction by

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repairing the emotion itself. Music is very essential as a matter of releasing stress. As it can help us to cope with stress and wisely choosing the kind of music to listen to is also needed as it will affect the change of the feeling very much.