

MUSIC IS VERY IMPORTANT TO ME BECAUSE IT HELPS REDIRECT MY THOUGHTS OR MOODS. IT IS EXTREMELY IMPORTANT BECAUSE I AM A MUSICIAN. I HAVE EVER LISTENED TO MUSIC. IT'S AN ESCAPE TO ANOTHER WORLD AND LETS ME TAKE A BREAK FROM THE WORLD AROUND ME BY LETTING ME LISTEN TO THINGS THAT I WANT TO

**open if you have ever
listened to music.**

MUSIC IS INCREDIBLY IM- I LISTEN TO MANY TYPES

Music has shaped cultures and societies around the world, passed down from generation to generation. It has the power to alter one's mood, change perceptions, and inspire change. While everyone has a personal relationship with music, its effects on the culture around us may not be immediately apparent.

Music is an essential aspect of all human civilizations and has the power to emotionally, morally, and culturally affect society. When people from one culture exchange music with each other, they gain valuable insight into another way of life. Learning how music and social bonding are tied is especially crucial in times of conflict when other lines of communication prove to be challenging. Music, as a cultural right, may aid in the promotion and protection of other human rights. It can help in the healing process, dismantling walls and boundaries, reconciliation, and education. Around the

world, music is being used as a vehicle for social change and bringing communities together.

Music has the power to connect with and influence people in a way that feels fundamentally different from other forms of communication. Humans often feel that "no one understands them" or knows how they "truly feel." Many resort to music to find connections with others to express themselves or find a sense of understanding among peers.

Music has the ability to deeply affect our mental states and raise our mood. When we need it, music gives us energy and motivation. When we're worried, it can soothe us; when we're weary, it can encourage us; and when we're feeling deflated, it can re-inspire us. It even functions to improve our physical health, as it's been proven that high-tempo music results in better workouts. We connect with others via music, espe-

cially those who produce or perform it — we recite their lyrics, dance to their melodies, and form a sense of connection through their self-expression. Songs and melodies have the power to inspire people, guide their actions, and aid in the formation of identities. Music can unite people — even if absorbed in solitude, capture your imagination and boost creativity. A person who has been affected by music is not alone. They are among the masses trying to find their role in society and form connections with others.

Music's effect on the self is far-reaching, tapping into our memories, subconscious thoughts, emotions, and interests. Thanks to the music artists who have put their heart and soul into creating, we feel connected with other people and their difficulties, challenges, and emotions. So much about our brains is still being discovered but through neurology, we are learning more and more about how music affects us.

We all know that being exposed to music's beauty, rhythm, and harmony significantly influences how we feel. We also know that music emotionally impacts us, reaching into forgotten memories and connecting us to ourselves. Music therapy is often used to improve attention and memory, and can have a positive effect on those suffering from dementia or Alzheimers. Music has the potential to be a powerful healing tool in a variety of ways and pervades every aspect of our existence. Songs are used to define spiritual ceremonies, toddlers learn the alphabet via rhyme and verse, and malls and restaurants, where we choose to spend our free time, are rarely silent.

Music's effect on the self is far-reaching, tapping into our memories, subconscious thoughts, emotions, and interests. Thanks to the music artists who have put their heart and soul into creating, we feel connected with other people and their difficulties, challenges, and emotions.

IMPORTANCE OF

MUSIC

EVERYTHING I LISTEN TO IT EVERY DAY AND IT'S
IT'S PRETTY MUCH EVERY-GOTTEN ME THROUGH
D... WITH B... G... S... D... TE... RO... H...
IT... A... SO... -... DE... N... TO...
T... G... I... S... ER... T... N... TO...
... OF... HE... BE... D...

I LISTENED TO A LOT OF SPANISH MUSIC AND CLASSIC ROCK (LA CAMISA NEGRA - JUANES). BALADS, LA INCONDICIONAL FROM LUIS MIGUEL. JAZZ AND POPULAR MUSIC. HIP-HOP/RAP. 80's - 2000s MUSIC MOSTLY. I GREW UP ON METAL AND ROCK. I LISTENED TO A LOT OF LINKIN PARK. NUMB OFF

GROW- ING UP

LISTENING TO

MUSIC

People tend to be extremely nostalgic about the music they listened to when they were young.

Music is closely linked with memory and emotion. Music seems to be particularly associated with positive emotional memories with social themes, making it relevant for helping to improve life satisfaction during difficult times.

General psychological research has shown that autobiographical memories (life experiences) from certain time periods are remembered better than others. Several theoretical explanations have been offered for this phenomenon, including that this lifetime period contains many novel and self-defining experiences — which may be encoded in the brain more deeply and retrieved more easily.

how much have your musical tastes changed in your life?

As we age, our musical tastes change. This is due to a variety of factors, including our changing tastes in other areas of life, our growing maturity, and our need for new and different types of stimulation. For many of us, our musical tastes change as we get older. We may find that we no longer enjoy the music we once loved, or that we are drawn to new genres and artists. There are a number of reasons why our musical tastes change as we age. One reason is that our tastes in other areas of life change as we get older. As we experience new things and our perspectives change, we may find that the music we once loved no longer resonates with us. We may also find that we are attracted to new genres of music that we never would have considered before. Another reason our musical tastes change as we age is that we become more mature. As we grow and learn, we may find that the music we once thought was cool or edgy is now juvenile or even offensive. We may also come to appreciate different types of music that we never would have given a chance before. Finally, our musical tastes may change as we age simply because we need new and different types of stimulation. As we get older, we may find that the music we once loved no longer provides the same level of excitement or satisfaction. We may need to seek out new and different types of music to keep ourselves engaged and entertained. Whatever the reason, our musical tastes change as we age. This can be a good thing, as it allows us to experience new types of music and to find new artists that we enjoy. It can also be a source of frustration, as we may find ourselves no longer enjoying the music we once loved. Either way, it is important to be open to change and to embrace the new musical experiences that come our way.

I'VE GONE THROUGH PHASES OF BEING INTO A CERTAIN GENRE MORE THAN THE OTHER BUT I'VE ALWAYS LISTENED TO A BIG RANGE OF THINGS. INDIE, REGAE, COUNTRY, POP, ALT, POP PUNK. A LOT, I HAVE A WIDER RANGE OF TASTE NOW. I DON'T THINK IT HAS CHANGED MUCH. A LOT THE OLDER I GET THE MORE IT CHANGES. QUITE A BIT? BUT MORE IN ADDITION THAN A CHANGING. FROM POPULAR TO MODERN JAZZ TO RAP SONGS. HAVEN'T CHANGED THAT MUCH, DEPENDS ON MY MOOD WHAT I LISTEN TO. BIG TIME, FROM ROCK, PUNK, TO BALADS. SO MUCH. FOR ABOUT 4 YEARS I LISTENED TO RAP AND RNB SOLELY. NOW I MOSTLY LISTEN TO ALTERNATIVE. I THINK MY MUSIC TASTE CHANGES WHEN I MAKE BIG LIFE CHANGES. THEY'VE CHANGED A LITTLE BIT, I STILL LISTEN TO A WIDE VARIETY OF GENRES BUT NOW I'M MUCH MORE INTO HEAVIER MUSIC LIKE HARD ROCK AND HEAVY METAL. AS FOR WHAT I LISTEN TO NOW AS I GET OLDER I START TO APPRECIATE HOUSE MUSIC AND MORE. A LOT. IT ALWAYS CHANGES BUT ITS STAYED THE SAME THE PAST FEW YEARS. MY TASTE IN MUSIC HAS CHANGED IMMENSELY. BIG TIME, FROM ROCK, PUNK, TO BALADS. I WENT FROM LISTENING TO POP TO RAP. NOT MUCH.

MUSIC HAS BEEN AN IMPORTANT PART OF MY LIFE.

Music Recommendation

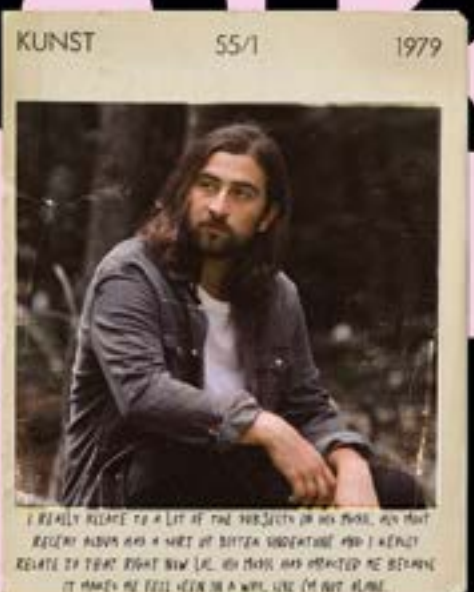
Young, Dumb, and Broke by Khalid
State Lines by Novo Amor
After Party
Sun goes down
Perhaps Im Sleepin In by King Gizzard
What Happened to Ryan by Jessie Murph
All Love by Noah Kahan
Born again by black veil brides
Wait a minute!
Put Me Through It by Suki Waterhouse
10 years ago by fkj
Vienna by billy joel
She's A Rainbow by The Rolling Stones
A Thousand Kisses Deep by Leonard Cohen
I'll be Home by Randy Newman
Once Upon a Time, Tony Bennett
Karma by Taylor Swift

I THINK MUSIC IN ITSELF IS HEAL-
ING. IT'S AN EXPLOSIVE EXPRES-
SION OF HUMANITY. IT'S SOMETHING

WE ARE ALL TOUCHED BY. NO MAT-
TER WHAT CULTURE WE'RE FROM,
EVERYONE LOVES MUSIC. -BILLY JOEL



FAVORITE ARTISTS YOU'D



ARTISTS FAVORITE

IT INSPIRES ME. EXTREMELY
LISTEN TO IT TO KEEP
MYSELF MOVING. I LISTEN TO
IT ALL THE TIME BECAUSE
IT SEEMS TO CALM ME DOWN
WHEN I'M STRESSED. I ALSO
JUSTS HATE SILENCE IN
GENERAL. I LISTEN TO THEM
EVERYTIME I DO MY
ASSIGNMENT SO IT'S LIKE A
DAILY HABIT. I LISTEN TO
IT EVERY
GOTTEN ME THROUGH SOME
ROUGH MOMENTS BEFORE

**how important is music
in your life?**