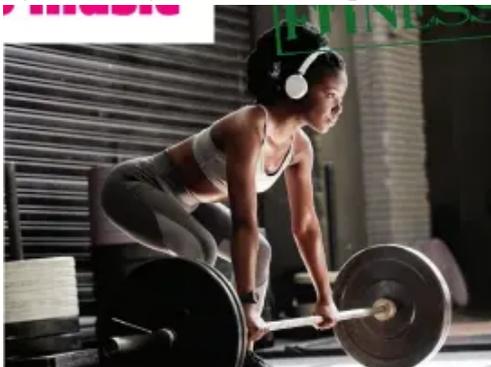


- Mind and body

Benefits of starting your morning by listening to music

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A morning routine establishes the tone for the rest of the day. Even though many individuals grab a cup of coffee or check their social media as soon as they get up, including music in your morning routine has several advantages for your body, mind, and spirit including;



MOOD ELEVATION

Studies have demonstrated the potent influence of music on mood control. You may improve your mood and develop a positive outlook for the day by listening to upbeat or relaxing music in the morning. Music may awaken your spirits and banish the morning blues, whether it's an instrumental piece that soothes you or one of your favorite energetic songs.

STRESS REDUCTION

Beyond elevating mood, music has a calming effect that also reduces stress. The stress hormone cortisol can be lowered and a relaxed frame of mind can be brought on by listening to relaxing music. A pleasant break from the daily grind can be obtained by starting your day with calming music, which will help you face the day with more serenity and peace.

INCREASED FOCUS AND PRODUCTIVITY

It has been discovered that music improves cognitive function, focus, and concentration. You can increase productivity and mental acuity by playing instrumental music or calming ambient noises while you go through your morning ritual. The correct music may help you stay focused and engaged throughout crucial chores like getting ready for work, which can increase your productivity and effectiveness throughout the day.

ENERGY BOOST

You might naturally feel more energized and invigorated by listening to upbeat and exciting music. Playing upbeat music first thing in the morning can raise your heart rate, accelerate your metabolism, and release feel-good neurotransmitters like dopamine. A lively musical piece or a catchy pop song might make you feel more attentive, driven, and prepared to face the challenges of the day.

INSPIRATION AND CREATIVITY

It has long been known that music may spark creativity and inspiration. You may encourage creativity and spark your imagination in the morning by exposing yourself to a variety of musical genres and styles. Whether you are a writer, artist, or business owner, listening to music first thing in the morning can stimulate creativity, generate new ideas, and drive innovation.

And so the next time you wake up, think about turning on your favorite music and allowing the peaceful morning to create the perfect atmosphere for an optimistic and successful day.