**The power of music** is amazing, and we often ‘use’ it without consciously knowing what we are doing. As part of reflecting on my own tracks of the moment, I have been wondering what my own choices of music are all about. It got me wondering what research says about the power of music…

So, the word is that music can have a really positive impact on how we feel: Research generally emphasises a huge number of positive benefits we might get from sticking on some music.

It seems music can help us; relax our mind, energise our body, manage pain, improve our thinking, reduce stress, improve memory, help us sleep, increase motivation, lift our mood, and even help us to eat less!! Personally I have also experienced how music can bring a group – big or small – together in a way that little else does.

So next time you pop on a track it might be interesting to see if you know why you have picked that song - and how it will make you feel.

"where words leave off, music begins"...

For those of you interested in finding out more these web pages might be interesting, https://www.verywellmind.com/surprising-psychological-benefits-of-music-4126866 and https://www.psychologytoday.com/gb/blog/the-truisms-wellness/201601/music-s-power-explained.