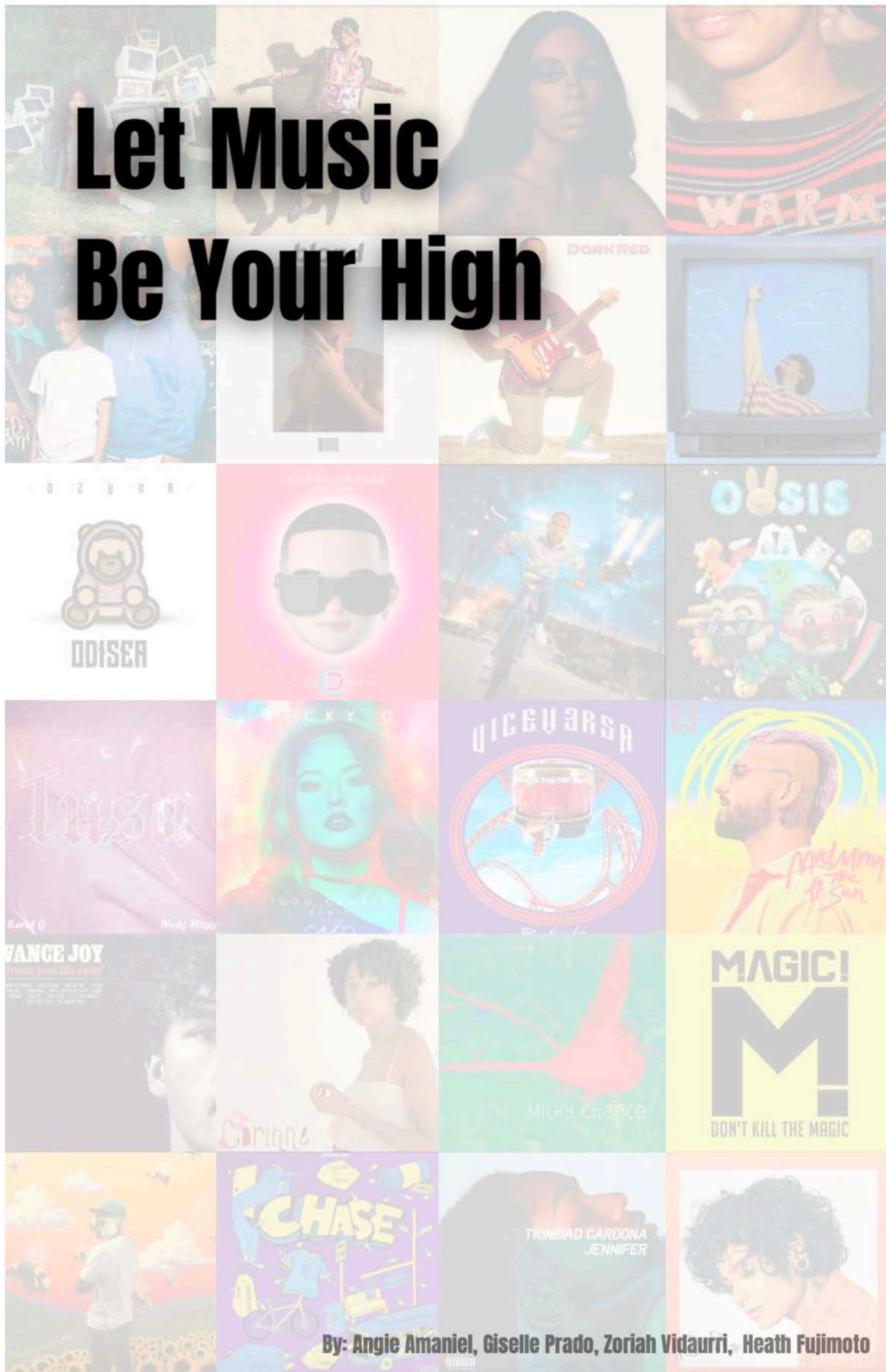


Let Music Be Your High



By: Angie Amanuel, Giselle Prado, Zorah Vidaurri, Heath Fujimoto

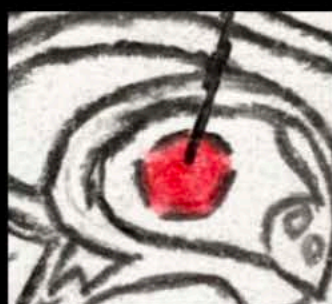
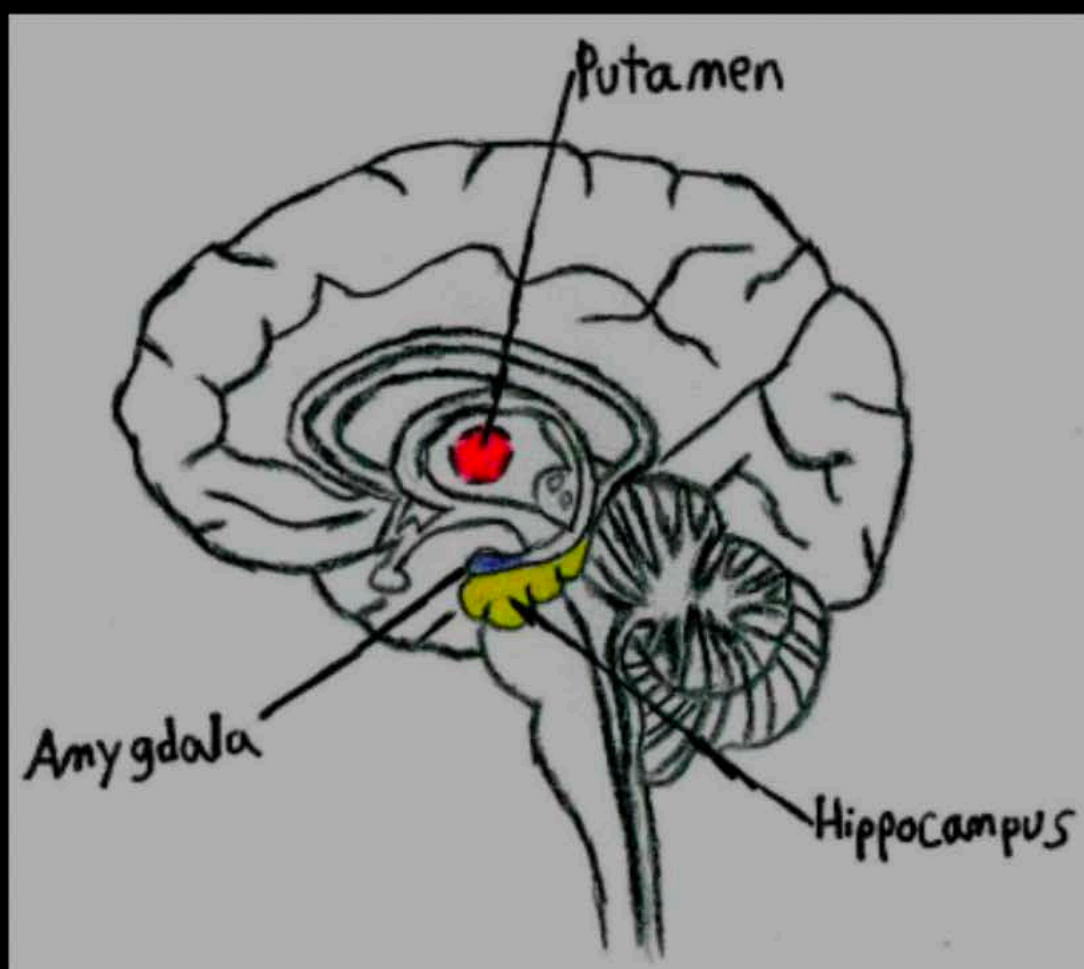
Table of Contents

Brain Model.....	1
Our Brain.....	2
Your Library.....	3
2000's Playlist.....	4
Spanish Playlist.....	5
Black Artists Playlist.....	6
Sad Playlist.....	7
RnB & Hip Hop Playlist.....	8
Your Coping.....	9
References.....	10

YOUR BRAIN

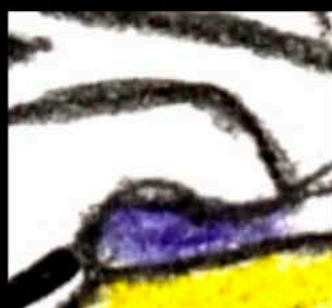


↓↑ Recently played



Putamen

- Processes rhythm, regulates body movement and coordination.
- Music increases our response to rhythm and by doing so, music temporarily stops the symptoms of Parkinson's disease.
- "Rhythmic music, for example, has been used to help Parkinson's patients function, such as getting up and down and even walking because Parkinson's patients need assistance in moving, and music can help them kind of like a cane."



Amygdala

- Processes and triggers emotions.
- "Music can control your fear, make you ready to fight and increase pleasure."
- "When you feel shivers go down your spine, the amygdala is activated"



Hippocampus

- "Produces and retrieves memories, regulates emotional responses and helps us navigate."
- It is one of the first regions of the brain that is affected by Alzheimer's.
- "Music may increase neurogenesis in the hippocampus, allowing production of new neurons and improving memory."

YOUR LIBRARY

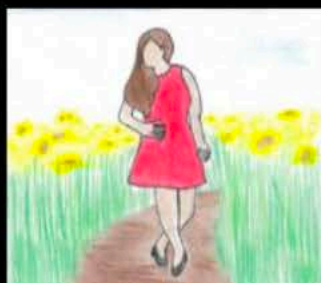


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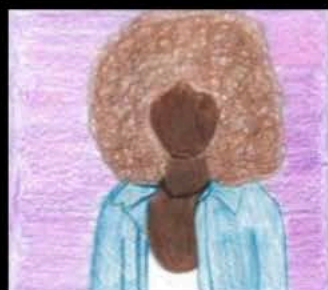
2000's Music

Pop music has evolved through time from predominantly consisting of groups and bands to include more solo artists and collaborations between different musicians– across genres, decades, and ethnicities. This form of collaboration is very popular in today's music (Snow, 2015).



Spanish Music

The significance of Latin music goes beyond what one sees or hears on the surface. Latin music has roots that go back considerably further than the sixteenth century. For persons of Latin ancestry, this rich past only adds to the music's significance. Through parties and other occasions where people sing, dance, and socialize, this form of music encourages Latinx people to spend more time with their families and friends (Navarro, 2020).



Black Music

The lack of diversity and representation of Black artists in the music industry is fueled by institutionalized racism. Black musicians are frequently and unfairly limited to specific musical genres and categories. Historically, Black artists' contributions have been routinely taken and whitewashed. The system is essentially exploitative, and Black musicians continue to face discrimination (Conway, 2020).



R&B Music

R&B music has been known to calm and rationalize people in ways that no other genre can. Typically, people choose music based on their mood. R&B music has a relaxing impact. It can provide mental healing and recovery to those who are suffering, in multiple different way (Revelle Team, 2016).



Sad Music

Sad music is beneficial to your mental and emotional wellness. Allowing yourself to feel your bad emotions rather than resisting them releases harmful thoughts and replaces them with feelings of empathy, nostalgia, and tranquility (Lier, 2021).

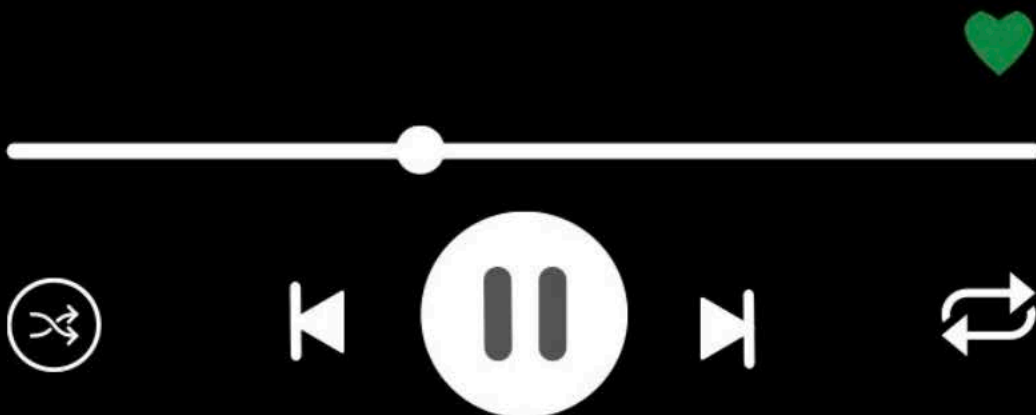
2000'S



This playlist has hits from 2000's to 2010's including Bruno Mars, Paramore, Avicci and Jason Mraz. This playlist is a great way to decompress, since it will help decrease your stress and anxiety by giving you the ultimate nostalgia.



SPANISH



This playlist is fully in Spanish and is mainly a reggaeton style music. It features artists such as Nicky Jam, J Balvin, Ozuna, Maluma, Bad Bunny, etc. Listen to this if you need a burst of energy or a urge to dance.



BLACK ARTISTS



Listening to this playlist will help destigmatize Black artists in the music industry. It's important to make sure that your mind isn't ruled by false narratives that that can be detriment to those around you.



RNB/HIPHOP



This RnB and Hip Hop playlist will bring you happiness and tranquility to your inner emotions. Some artists include Tyler the Creator, Xavier Goodman, H.E.R, Solange and more.



SAD



This playlist will help you to express your bad feelings by bringing them to the surface and letting them out, decreasing tension and stress.



YOUR COPING



↓↑ Recently played



Music & Moods :

Upbeat, fast-paced music gets your mind and body moving, energizing and motivating you to embrace what is ahead (Murphy, 2019).

Music & Stress :

Certain types of music have the underlying power to minimize tension, whether they're playing in the background or you're paying full attention to them (Murphy, 2019).

Music & Memory :

Since the area of the brain that processes music is also the part that forms memories, we associate music with memories (Murphy, 2019).

Music & Well-Being :

When music enters our brains, one of the first things that happen is that pleasure centers are activated, releasing dopamine, a neurotransmitter that makes us feel good. The brain can even anticipate the most enjoyable peaks in familiar music and ready itself with an early dopamine rush since this response is so fast (UAGC Staff Member, 2020).

Music & High :

Turn on a song you enjoy to stimulate the release of dopamine and Oxycontin in your brain. When you hear music, the "Reward" section of your brain lights up. "In neuroscience, the idea that reward is partly tied to anticipation (or the prediction of the desired outcome)" is a fact. So, without even recognizing it, your brain is trying to figure out what's going to happen next when you're listening to music. Whether or not your brain is correct in its predictions, it rewards itself with an injection of feel-good hormones like Oxycontin. As a result, anticipation is an excellent strategy to use in your song. It's the substance that makes you feel like you're high on music (Murphy, 2019).

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↓↑ Recently played



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