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Subject: Re: Best Time for Music

Posted by [rlndgurakuqi](#) on Thu, 09 Sep 2021 09:58:18 GMT

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Many studies show the short-term effects of music on emotions, the medium-term impact on more stable states such as mood, and the long-term effects on our overall mental health. Looking at the short-term impact, there are three strategies by which music can regulate our state of mind. For example, it helps distract from everyday stress, suppresses negative emotions, or defuse them through catharsis, says, from singing or playing a musical instrument. It also creates a sense of control over the situation: some songs help boost self-esteem, give self-confidence - and the little things in life seem insignificant. These emotional regulation strategies are very effective. For example, I even watch videos for sleeping so that I can sleep soundly.

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