Subject: How Music Affects Us
Posted by GoldenOldie on Thu, 22 Jun 2017 21:19:40 GMT
View Forum Message <> Reply to Message

I think that we are all affected by music in one way or another. I personally have music that I listen to when I'm down and music I play when I'm up. What are some of your different music times?

Subject: Re: How Music Affects Us
Posted by WorkingWoman2017 on Sat, 24 Jun 2017 18:40:45 GMT
View Forum Message <> Reply to Message

I'm a music listener that can't drive without it. I love my music in the car for the long commute. It just makes the time go by quicker!

Subject: Re: How Music Affects Us
Posted by Saxon on Mon, 26 Jun 2017 20:12:24 GMT
View Forum Message <> Reply to Message

When I need cheering up, I always go for upbeat music. Typically, that is usually James Arthur or Nick Jonas, but sometimes it's other artists.

Subject: Re: How Music Affects Us
Posted by Red2017 on Sat, 15 Jul 2017 17:58:43 GMT
View Forum Message <> Reply to Message

I am a country western fan. But, most of that music is about being hurt, cheated on, or just drunk. There are a few songs that are upbeat and I like Alan Jackson most I guess.

Subject: Re: How Music Affects Us
Posted by cwemoy on Sun, 16 Jul 2017 05:48:35 GMT
View Forum Message <> Reply to Message

Music is my escape route, away from the hassle and bustle of life. I am very particular about the music I listen to; I tend to go with the soothing beats when I need to get cheered up.

Subject: Re: How Music Affects Us
Posted by Saxon on Mon, 24 Jul 2017 04:18:19 GMT
View Forum Message <> Reply to Message

Red2017 wrote on Sat, 15 July 2017 12:58I am a country western fan. But, most of that music is about being hurt, cheated on, or just drunk. There are a few songs that are upbeat and I like Alan Jackson most I guess.
Country music is great. Sure it's usually about the sad stuff that you listed, but it tells a great story. I also agree that Alan Jackson is pretty awesome.

Subject: Re: How Music Affects Us
Posted by Saxon on Mon, 24 Jul 2017 04:19:46 GMT
View Forum Message <> Reply to Message

cwemoy wrote on Sun, 16 July 2017 00:48Music is my escape route, away from the hassle and bustle of life. I am very particular about the music I listen to; I tend to go with the soothing beats when I need to get cheered up.
You are right, music is a great escape. It's easy to get lost in it and get things off of your mind. It's one of my favorite things about music.

Subject: Re: How Music Affects Us
Posted by Beck on Fri, 24 Sep 2021 01:14:13 GMT
View Forum Message <> Reply to Message

Music affects me in many ways depending on the genre. It helps with my motivation, but it can also trigger some memories. Thankfully, it's also applicable for relaxation and calming the nerves.

Subject: Re: How Music Affects Us
Posted by Acacia on Sat, 25 Sep 2021 07:01:55 GMT
View Forum Message <> Reply to Message

Playing music with earphones on while I'm walking seems to give a different perspective on a view. Even though I'm on a familiar street in the neighborhood, music makes it seem like another place. It's funny cause it lets things look dramatic.

Subject: Re: How Music Affects Us
Posted by Concorde on Thu, 30 Sep 2021 22:57:29 GMT
View Forum Message <> Reply to Message

That is an interesting take on how music affects us. When I'm walking with buds in, I do so to help relax. Walking relaxes me and music helps even more.

Subject: Re: How Music Affects Us
Posted by Spotifier on Fri, 01 Oct 2021 04:57:11 GMT

View Forum Message <> Reply to Message

Beck wrote on Thu, 23 September 2021 20:14 It helps with my motivation, but it can also trigger some memories.
Yeah, it's problematic, though, when it triggers memories you don't want to recall. When I'm thinking about personal problems, I don't listen to music, knowing that I'll only get emotional.

Subject: Re: How Music Affects Us
Posted by Zart on Fri, 08 Oct 2021 09:55:56 GMT
View Forum Message <> Reply to Message

I have trouble sleeping at times. When that happens, I try listening to some non-lyrical music. It helps me silence thoughts, which is how it helps me sleep better.

Subject: Re: How Music Affects Us
Posted by Souldude on Fri, 08 Oct 2021 12:30:29 GMT
View Forum Message <> Reply to Message

I've tried playing classical music while working out, and it somehow helped with my endurance. While doing planks, my mind became calmer instead of being in a panicked state. Well, it sometimes has the opposite effect of making me feel weaker too.