Enjoying and engaging in music promotes healthy aging, mental well-being, and social connection.

Explore the joys and benefits of music with these practical tips:

**Incorporate music in your life.**
Music can improve well-being, especially when shared with loved ones.

**Listen to music to encourage yourself to exercise.**
Music can provide a mental boost and help motivate you to move your body.

**Dance, sing or move to music.**
These activities not only provide physical exercise but can also relieve stress and create social connections.

**Listen to familiar music that comforts you and evokes positive memories.**
Also try listening to new music to stimulate your brain with unfamiliar melodies.

**Don’t delay getting your hearing checked if you notice hearing difficulties.**
Correcting hearing loss as soon as possible is important for brain health (as well as continuing to enjoy music!)

**Make music yourself!**
Music making can include both singing and playing an instrument (singing may be the simplest way to get started).

**Consider joining or forming a music-making group, such as a community choir.**
Making music with friends and family creates a sense of belonging that promotes mental well-being.

Music on Our Minds: The Rich Potential of Music to Promote Brain Health and Mental Well-Being

GlobalCouncilonBrainHealth.org • Contact: GCBH@aarp.org
For more brain health tips see StayingSharp.org
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