

Weekly Wisdom

Grow the Green for You and Your Team



“Music has charms to sooth a savage beast, to soften rocks, or bend a knotted oak.” -- William Congreve

Music Really Does Make Us Happier

Every human society relies on music, from lullabies to celebrations to hymns of religious praise.

Our brains are wired to enjoy music, and music has even been shown to help us heal. Now researchers are studying the effects of music on human emotions. Dissonance -- traffic, construction, sirens -- reduces positive emotions. The good news is that music can amplify positive emotions.

Try using music to increase your happiness.

Remember that sad songs amplify sad emotions, just as happy songs amplify our joy and happiness.

Experiencing music live is the best for increasing happiness. But listening to it while you're alone is second best.

Be strategic in what you listen to. Create a playlist of songs you like and note how each song makes you feel.

Try to guess the world's happiest song!