

The Top 10 Benefits of Playing an Instrument

Ever wondered if playing an instrument would be right for you? Here are 10 reasons why choosing to play an instrument may be the best decision you'll ever make.

1. Better intellectual capacity

One of the most obvious benefits of instrumental music for students is that you can get a better mark in music class, but did you know that making music can help you in your other subjects as well? Many studies have shown that students who play music have generally higher test and IQ scores than students who aren't musical. If you're past your school years, countless other studies have proven that practicing musicians of any age are more alert, which can lead to better memory retention.

2. Discipline and patience

Patience and discipline are virtues that so many of us lack in today's society. Music, however, is known for its ability to lengthen attention span for its player. The discipline required to master an instrument is also helpful in your everyday life when coping with tedium or difficult tasks.

3. Relieves stress

Had a bad day? Pick up your instrument! Creating music can soothe the mind, calm tempers and even lower blood pressure.

4. Sense of achievement

Nothing can beat the feeling you get once you conquer a difficult passage in a piece you've been working on. Hard work pays off in music, and you'll often feel a sense of accomplishment if you dedicate yourself to the study of music.

5. Communicate your emotions

Ever been told to find a better outlet for your emotions than a punching bag? Playing an instrument can be the answer to your problems. If you've been heartbroken, play something sad and slow. If you just got a new job and you're over the moon, play something loud and joyful.

6. Emanate your personal style

Not all music is classical and two hundred years old, written by some dead European guy. Other genres of music are out there for all types of instruments. Ever heard a flute play

rock “n” roll? Try it out! You might like how it feels under your fingers and how it sounds in your head.

7. Teamwork

One of the most rewarding things about being able to play an instrument is being able to play with other musicians like you. Not only do you get to show off your amazing musical skills, but you can combine your talents and make music that you could never dream of playing on your own. In order for your group to find their groove, you’ll need to work together on sound, tempo and style; in expanding your musical horizons together, you’ll grow as a musician and as a person.

8. Physical workout

Music isn’t just for the mind and soul-it’s good for the body, too! Depending on the instrument you play, you could be strengthening your facial muscles, your arms, your fingers and hands, and even your legs (playing the drums burns approximately 180 kCals an hour). An essential part of playing wind instruments is the breathing, which can also improve your endurance when playing sports.

9. Bragging Rights

Say you’re at a party, and a handsome man/beautiful woman/cute guy/hot girl asks you what you do. Once you play an instrument, you can truthfully say, “I’m a musician”. Let’s face it: how many people do you know that would look down on you if you told them that? Music is in, and it always will be, so cherish the fact that you’re a part of the never-ending trend.

10. Fun!

That’s right, fun. Music is fun, and everyone accepts this. Listening to music is fun, so your friends will appreciate the fact that you’ve got a great way to entertain them. Playing music, though, is the most fun you can have. There’s no denying it. When you really let yourself become one with the music, there’s nothing in the world that can stand in your way. Music is the key to life, and it will always be one of the most worthwhile hobbies/careers ever invented. So go ahead! Press those keys, tickle those ivories, strum those strings and make some music!