

“ × THE × HEALING × POWER OF” MUSIC

Before we had access to therapy, we had playlists. When we didn't have the language for our pain, we had lyrics that felt like home.

Whether it was a Sunday gospel chorus, a soulful R&B hook, or a rap verse that called out your truth, Black music has long been a sacred space for survival, expression, and healing. This isn't just poetic—it's scientific.

Research shows that music can reduce cortisol levels (the stress hormone), ease symptoms of depression, lower blood pressure, and even improve memory and focus. But let's be real: Black folks didn't need a study to confirm what we already knew in our bones.

Music isn't just entertainment—it's therapy, testimony, and tradition.



A SOUNDTRACK FOR OUR STRUGGLES—AND OUR JOY

Healing isn't always soft or slow. Sometimes it's loud, sweaty, and danceable. Sometimes it's blasting '90s R&B while cleaning your kitchen like it's a stage.

Other times, it's sobbing to a gospel track that cracks you wide open. Whatever your flavor, your playlist can be a tool of emotional release and restoration.



MUSIC AS EMOTIONAL TRANSLATION

Sometimes, we don't have the words for what we're feeling. That's where music steps in. A single lyric can say what we've been trying to explain for years. Whether it's Mary J. crying out for “No More Drama,” Kendrick calling for us to “Be Alright,” or Beyoncé reminding us we're “cozy with who we are,” music often reflects our inner world more accurately than we can.

MENTAL HEALTH TIP: PUT YOUR HEALING ON SHUFFLE

- Create playlists for different moods—sad, empowered, nostalgic, peaceful.
- Let music be your check-in: What songs are you gravitating toward right now? What do they say about how you're feeling?
- Try singing, humming, or moving to your favorite songs. Your body remembers what your mind tries to forget.

This African American Music Month, honor the soundtracks that helped you survive. Music has always held us when the world didn't. So, keep singing. Keep dancing. And never underestimate the healing power of turning the volume up on your own voice.