



MASSACHUSETTS
GENERAL HOSPITAL
HARVARD MEDICAL SCHOOL
TEACHING HOSPITAL

BRAIN
HEALTH
INITIATIVE



ACADEMY FOR
BRAIN HEALTH
AND PERFORMANCE

BRAIN HEALTH BOOST

Come On Get Happy-Films and Songs

Music is a universal language that can provide joy and comfort across cultures. Research shows us that music has the power to help us increase brain health and fight brain illness as we manage stress and regulate our emotions (both of which are important in these uncertain times!). Films can work in the same way.



What songs or films make you happy? The Brain Health Initiative, with significant assistance from Dr. Peabody's teenage son, Hilton, is creating a series of playlists and movie recommendations to support the community's well-being. The first playlist focuses on songs that increase positive emotions and feelings. [Click here for the playlist.](#)

Please find a few suggestions below. The Brain Health Initiative is also creating a list of films for your enjoyment and will point out some brain healthy themes to pay attention to.

WHAT YOU CAN DO TO PROMOTE YOUR BRAIN HEALTH TODAY

Try engaging in a mindfulness exercise when you listen to music (even just one song) for a set time each day. Listen to the music carefully and tune out other distractions. Keep a journal, noting how the music or the film(s) affected your mood, thoughts, feelings, emotions and physical state. Here are some "happy" songs to get you started:

- **Don't Worry, Be Happy**, Bobby McFerrin
- **Happy**, Pharrell Williams
- **Lovely Day**, Bill Withers
- **We are Family**, Sister Sledge
- **Good as Hell**, Lizzo
- **Good Morning**, Max Frost
- **Can't Stop the Feeling**, Justin Timberlake
- **You've Made Me So Very Happy**, Blood Sweat and Tears
- **Oh Happy Day**, Edward Hawkins Singers
- **Happy Together**, The Turtles

And a happy movie to kick off the weekend: ***Mary Poppins Returns***



Enjoying the movie just for pleasure is awesome. You can also listen meaningfully to the songs and pay attention to the wisdom shared which include a wide range of positive and uplifting messages. Many of the messages are silly and often relevant to COVID 19 outbreak. For example, the importance of having an optimistic mindset, trusting in children, looking for the light to guide you, taking a different view of problems, reminding yourself that everything is possible, including the impossible and no better time to take action than the present.

What songs and films make you happy? Make a list to fall back on when you feel your stress level beginning to rise or your mood starting to dip. More research indicates that positive mood enhances the immune systems and helps to fight off infectious diseases, so use this “universal language” to your advantage!