

ENGLISH MONTHLY

January, 2020

Music!!! What else to say?

How music can change my mood

Ok, so I always thought that music affects me in a very weird way. I am the kind of person that can listen to almost anything except German rap. That is actual trash. But I can listen to everything else and whatever I listen to gets me in a different mood. And I mean it literally, not just changing my dance or something, but actually changing the entire way I think at the time, act, everything. So whenever we go out I am definitely hyped. Whenever I am alone I just listen to pop or something like that so I am usually very calm then but back when I was really into „depressive“ music which had low notes and reminded of blues it would always get me in this empty kind of feeling.

So I always wondered is it even possible and I found out (on the internet) that music can not only change your mood, but your entire perception. There is even the American Music Therapy Association (AMTA) which is in the US, logically. And they



literally treat people with music. It can manage stress and anger issues which I am pretty sure many people have. Specific types of treatment can even help with curing depression and anxiety and can improve self-confidence. What is the weirdest thing out of everything is that people who listen to music before surgery feel less stress and anxiety right before the surgery.

So I am pretty sure now that music has at least some effect on you cause it has a whole lot on me. And considering there are so many different types of music, especially nowadays, you will probably find something that helps you with the things that bother you. Listen to what you want and listen to what you like. Music is very important and you shouldn't try to fit in when it comes to things like music. As I said it can literally improve the quality of your life.

Stefan Krstić III-4

The role music has in my life

One of the most important things in my life, ever since I was a little kid, was music. Music really kept me going through life. To me, life without music is colorless basically. There's music for every emotion that I feel.

For many people, music is an outlet for their emotions. Music firstly saves me from boredom. It's so powerful, it makes you feel euphoria, opens up your imagination and connects with your soul. Music really helped me get through bad times in my life. Honestly, most of the time it was the only friend I had. It made me happy when I feel sad. I can describe it as "just close your eyes and relax". I feel so calm and safe when I have my headphones on. World just goes off at that moment and I feel satisfied and so happy.

Music really plays an important role in my life. I have been singing since I was a baby literally and that always made me happy. I seriously couldn't live even a day without listening to music. I can surely say it's one of the most important aspects of my life. It helps me to express myself and I don't feel alone even if I am at that moment. And I can say that it's also kind of like a stress relief. Music is a source of inspiration. It means the world to me to be honest.

Ena Ajkić III-8

ENGLISH WORDS TO DESCRIBE MUSIC

	Jazz	Country	Easy Listening
Progressive Rock	New Age	Latin	
	Blues		Classical
Rap	Disco	Instrumental	Hip Hop
	Ambient	Soul	Gospel
Reggae		Alternative	Indie
	Rock	Heavy Metal	Baroque
Romantic		Renaissance	Ceremonial
Folk	World	Bluegrass	
	Electronic	Opera	Choral
Rhythm and Blues		Pop	Punk

Music of the month

This month instead of putting just one song we decided to put some more as it is the subject of the month and as there are many different tastes around the school.

Physical – Dua Lipa

For all pop lovers, this is a classic dark pop moment inspired by the 80s, besides this song she kicked out 2 more Don't start now and Future Nostalgia (also the title of the upcoming album) which kickstarted her new music and new art.



Graveyard - Halsey

As some of you may know, Halsey (called Ashley) returned to music and even released a full album titled "Manic" in which she decided to give us a sneak peek of her actual personality known only to her. It's just one of the songs on the album which I all personally like.

Godzilla – Eminem

Now I don't him but I know album at the and it seems and popular others. It is a new album be murdered haven't listened to it it out.



really listen to he released an start of his year pretty good among many song from his titled "Music to by" so if you already you can check

Some idiomatic expressions with the theme of music:

1. Elevator music:

Soft, pleasant but boring music often played quietly in public spaces (such as elevators)

2. Like a broken record:

Someone who repeats the same thing again and again

3. Jam session:

Improvised music in an informal setting

4. Blow your own trumpet:

Proudly boasting about your own achievements, talents, or successes

5. Music to my ears:

Good news; information that makes someone happy

6. Face the music:

To accept unpleasant consequences or an unpleasant reality

7. Play by ear:

To perform (or play an instrument) without practice or preparation; indicate uncertainty in a situation

8. As fit as a fiddle:

To be in good health



English Monthly is created by Ena Ajkić and Stefan Krstić with a little help from their teacher Jelena Sekulić.