



## Benefits of Singing

“Health Benefits from the Barbershop Harmony Society”. Research is by scientists of the University of Frankfurt in Germany and published in the US Journal of Behavioral Medicine.

- ♪ Singing releases endorphins into your system and makes you feel energized and uplifting. People who sing are healthier than people who don't.
- ♪ Singing gives the lungs a work.
- ♪ Singing tones abdominal and intercostal muscles and the diaphragm and stimulates circulation.
- ♪ Singing makes us breathe more deeply than many forms of strenuous exercise, so we take in more oxygen, improve aerobic capacity and experience a release of muscle tension as well.”

Graham Welch, director for advanced music education at London's Roehampton Institute states:

- “Singing exercises the vocal cords and keeps them youthful, even in old age. The less age-battered your voice sounds, the more you will feel, and seem younger.” He says that when you break into song, your chest expands and your back and shoulders straighten, thus improving your posture.
- “Singing lifts moods and clears the “blues” by taking your mind off the stresses of the day, as well as releasing pain-relieving endorphins. As you sing along, the professor adds, our circulation is improved, which in turn oxygenates the cells and boosts the body's immune system to ward off minor infections. And “it provides some aerobic exercise for the elderly or disabled.”
- A recent German study has shown that active amateur group singing can lead to significant increases in the production of a protein considered as the first line of defense against respiratory infections, and also leads to positive emotional changes.
- “Given that every human being is, in principle, capable of developing sufficient vocal skills to participate in a chorale for a lifetime, active group singing may be a risk-free, economic, easily accessible, and yet powerful road to enhanced physiological and psychological well- being.”

The Brain-Music Connection from GenieMusicOneSeventy:

- ♪ “We know, as Jane E. Allen reported in the article “Music may help Neurological Therapy, “that music can repair neurological and even psychological functions and can encourage brain growth.”
- ♪ “The rhythmic brain side: Music can give the brain order where order was lacking.”  
Keuma



#### Sidney De Haan Research Center for Arts and Health

- “Working with two sample groups of 240 volunteers over 60 years old, where one group took part in weekly singing sessions over three months and the other didn't, the research revealed an increase in the mental health component score on a validated health measure amongst the group of singers. It also revealed significantly reduced anxiety and depression scores on a separate widely used NHS measure amongst the singing group.”
- “The results also pointed towards an improvement in quality of life scores, on a measure used to assess the cost- effectiveness of health interventions, and recognized by the National Institute of Clinical Excellence.”

#### Research from the University of Manchester

- ♪ “Researchers at the University of Manchester have discovered that the sacculus, a little organ in the inner ear, responds to frequencies commonly found in music, & is connected to the part of the brain responsible for registering pleasure. This sacculus is ONLY responsive to low frequency, high intensity sounds, which include singing, & it responds within a few seconds of hearing that kind of sound. So you get immediate pleasure when you sing, regardless of what it sounds like to anyone else. Now if there are no criticisms or put downs from anyone else to cause you pain, you'll find the experience enjoyable and get release of good old pleasure-giving endorphins as well. Singing provides catharsis across the full emotional spectrum. It can give a directly-experienced, felt-sense of happiness. It's a mood lifter and antidepressant with no side effects.”