

Benefits of Singing

The benefits listed below have been scientifically linked to singing – especially group singing – and occur regardless of the professional quality of the singing.

Physical benefits

- Increases the amount of oxygen you take into the body through deep breathing
- Can improve sleep.
- Improves the muscle tone in your throat, neck, jaw, and larynx.
- Sinuses and respiratory tubes are opened up, which can help with snoring.
- Release of endorphins helps to relieve pain.
- Stimulates the thyroid gland, which helps with metabolism.
- Singing gives a “molecular massage”: it shakes, vibrates, and resonates your body, promoting relaxation of tension in the body.

Mental benefits

- Improves and hones your listening and attention skills.
- Improves the coordination between mind and body and ability to multi-task.
- Strengthens concentration and memory skills.
- Promotes feelings of alertness while simultaneously calming mental chatter.
- Can help reduce anger, depression, and anxiety.

Emotional benefits

- Increases self-esteem and confidence
- Increases feelings of well-being and enhances mood
- Promotes feelings of bonding, connection, and cooperation with others.
- Can release repressed feelings and memories and dismantle emotional blockages.

Spiritual benefits

- Singing is a form of meditation that shifts our focus and thinking away from usual life happenings and concerns and towards the present moment.
- Singing allows us to let go of our ego and bring us into communion with our soul
- Expands our imaginative capacity and our sense of appreciation, wonder, and gratitude.
- Singing breaks down social barriers that divide people and cultures and can bring us back to a sense of compassion for and connection to others.

Medical benefits of singing: <http://www.medicalnewstoday.com/articles/176316.php>