



## **10 Ways Singing Can Change Your Life!**

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If you love to sing, then you're already aware that singing is fun, energizing and a great stress reducer. But if you're one of millions who claim "I can't sing!" then I suggest that you consider singing as an absolutely free, non-prescription, safe and effective life-enhancing tool.

In my "Joyful Singing" workshop, I remind shy singers, "You were born singing! It's as easy and natural as speaking!" If you're facing physical, emotional or mental challenges, or if you just want more peace and happiness, here are 10 ways singing can change your life!

### 1. Promotes deep breathing!

As you begin to use "full body breathing" with a relaxed, soft belly, you allow the diaphragm to drop down, giving the lungs the freedom to expand more fully. Relaxed abdominals are essential for proper breath support while singing. I like to think of "filling up like a balloon" when I sing. This gives firm, active breath support and allows for deep, full breathing. Singing promotes slow, deep, healthy breathing, and exercises the lungs.

### 2. Oxygenates the blood promoting a healthy immune system!

As you use full body breathing, you are bringing in a greater volume of air. Oxygen floods the blood system, bathing the cells in life-giving oxygen. You will feel more alive as you breathe deeply and fill yourself with energizing, oxygenated air! Singing oxygenates the blood!

### 3. Stimulates brain activity!

Singing requires thought. You are memorizing lyrics, melodies and rhythms, as well as connecting words with emotion. Your "singer's breathing" technique is bringing more oxygen to the brain. Your brain's neurons are firing furiously as you are integrating the physical, emotional and psychological functions necessary to joyful singing!

Singing stimulates brain activity!

4. Releases "feel good" endorphins!

All this physical, neurological and emotional activity serves to release those "feel-good" hormones called endorphins. So not only is your audience benefiting from your lovely voice, but you are being flooded with happy hormones that give you a sense of peace and well-being. Singing feels fantastic because it releases "feel good" endorphins!

5. Reduces stress and can lower blood pressure!

When you feel good, your stress level goes down. Endorphins help diminish stress and agitation. By using deep, full body breathing you slow the heart rate and take your mind off of unwanted anxiety. Studies have shown that singing can lower blood pressure. The next time you feel stressed or overwhelmed, take a full body breath, and break out singing! Your stress will fly away as you reap the benefit of joyful singing!

6. Builds self-confidence!

Speaking in public is still the #1 fear for Americans. Singing ranks right up there for most of us. Singing is a risk-taking behavior because you're putting yourself out there in a very exposed way. It dredges up all our insecurities and self-imposed limitations. When you dare to share your voice and music, a fantastic thing happens. It's like walking through fire. You overcome your fear, and emerge with an incredible sense of accomplishment. You did it! Your self-esteem soars and you feel that you can do anything! Singing builds self-confidence in a BIG way!

7. Enhances memory!

Singing involves memorization as you learn new melodies, lyrics and complex musical forms. It's a great way to stimulate the areas of the brain involved with memory, learning and concentration. Use it, or lose it! Singing is a great way to enhance your memory!

8. Boosts creativity!

As you build your self-esteem and stimulate your artistic soul, you'll find that all areas of your life are positively affected by the act of

singing. Suddenly you've opened the floodgates of your creative soul, and you begin thinking outside the box! Your productivity soars! By tapping into your creative reservoir you become more alive and innovative! Singing boosts creativity!

9. Creates a powerful speaking voice!

If you're a speaker, presenter, teacher, clergy or in any sales related business (aren't we all??), you will benefit from learning to sing. Your voice is your instrument, no matter what you do in life, and singing gives you the skills to speak in a natural, powerful, confident voice. Everyone benefits from proper singing technique. You'll discover your "true" voice that will reveal your confident, authentic self. Finding your voice is a joy. Singing creates a powerful speaking voice!

10. Makes you feel fantastic!

Singing makes you feel self-assured, in control, physically alive and fantastically creative. It feeds your soul as it creates physical well-being. With increased self-confidence you can do anything! Physical, mental and emotional health is a great side effect of singing. There's no doubt about it, singing makes you feel fantastic!

©2006 Beth Lawrence is the author of *From Shower to Stage...7 Easy Steps for Singing Like A Pro!*, featuring a holistic approach to singing - based in Bel Canto - which honors the connection of body, mind and spirit. Beth is the CEO of All About Voice, a company offering private voice coaching; workshops in the performing arts, and music camps for women.

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