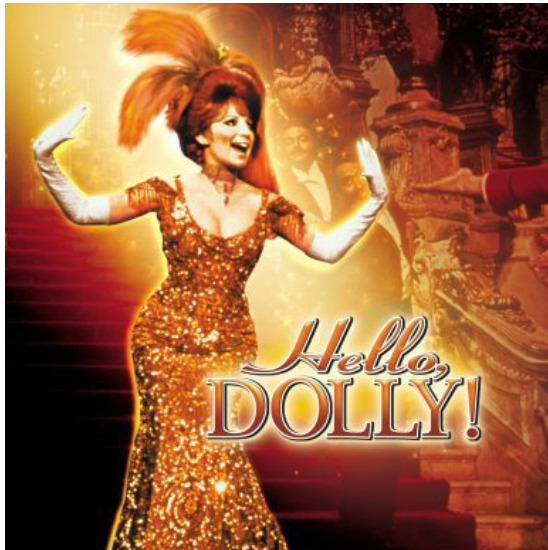


# ***Singing Changes Your Brain***

Group singing has been scientifically proven to lower stress, relieve anxiety, and elevate endorphins...



When you sing, musical vibrations move through you, altering your physical and emotional landscape.

Group singing, for those who have done it, is the most exhilarating and transformative of all. It takes something incredibly intimate, a sound that begins inside you, shares it with a roomful of people and it comes back as something even more thrilling: harmony.



The elation may come from endorphins, a hormone released by singing, which is associated with feelings of pleasure. Or it might be from oxytocin, another hormone released during singing, which has been found to alleviate anxiety and stress.

Oxytocin also enhances feelings of trust and bonding, which may explain why still more studies have found that singing lessens feelings of depression and loneliness.



It turns out you don't even have to be a good singer to reap the rewards. According to one 2005 study, group singing "can produce satisfying and therapeutic sensations even when the sound produced by the vocal instrument is of mediocre quality."

Stacy Horn  
Time Magazine  
16.08.13



The COAST CENTRE CHOIR meets Wednesdays 1:00pm - SINGING FOR PLEASURE meets Tuesdays 12.30pm  
The Coast Centre, 2 Curie Ave Little Bay 9311 4886