

Sing for your life

15 REASONS YOU NEED TO KEEP SINGING EVERYDAY

- ***Singing releases endorphins, which make you feel instantly happier***
- ***When you sing you also release oxytocin – a natural stress reliever and alleviates feelings of depression and loneliness***
- ***You will sleep better***
- ***Singing improves heart rate variability, which reduces heart disease risk***
- ***Singing with someone else can even sync heart rates together***
- ***Your posture will get straighter and you'll be more confident***
- ***Your feelings of safety increase when singing in a group***
- ***It's a good workout for your lungs, circulation and muscle groups***
- ***Singing boosts your immune system***
- ***If you're unwell humming opens up your sinuses and respiratory tubes***
- ***It's great for your brain and enhances mental awareness, concentration and memory***
- ***You'll develop healthier breathing patterns***
- ***It's been used as an all-natural way to help dementia, lung cancer, depression and chronic pain***
- ***You will likely live longer better***
- ***So raise your voice, be heard, pay attention to the lyrics and see the brighter side of life 😊😊😊***

Singing Makes Everything Better

Singforyourlife-canada.org