



Music is Good For You!



Music is Good For You!

Beverley Drew

You only have to look at the queues of people waiting to succeed in the X Factor, the fans singing at major sporting events and the enthusiasm for a sing-a-long at the local pub to know that people love to sing. But perhaps, what is not so well known is just how good singing can be for general health and wellbeing.

Singing can enhance our immunity and can even prolong our lives. It offers unique health giving benefits. Enhanced feelings of relaxation, mood and confidence have all been reported by regular singers. Studies have linked singing with a lower heart rate, decreased blood pressure and reduced strokes.

The psychological and physiological benefits are enormous. Our emotional state can be released through our voices and a great deal can be revealed through the way in which we use our voice. Is the voice strident? Harsh? Tinny? Hooty? Breathy? Does it flow effortlessly? Shyness, embarrassment and other psychological

blocks can get in the way of 'good' singing and voice work can be a way past people's defences and fears. When we sing we come face to face with who we are and what we think about ourselves.

If you can improve your breathing, the most basic human function, then you are infinitely better equipped to deal with stress. Something as simple as humming has the effect of calming the body and clearing the mind. Being fully connected with your body, breath and voice gives you a chance to connect with your emotions. Music can also activate both the creative right brain and the more logical left brain which enables us to find more creative solutions to our problems.

Singing can alleviate symptoms of depression. When we are depressed, there is a block in the sound, our voices droop and lack colour and there is an interruption to the flow of energy. Think about how easy it is to hear, over the phone, when someone is depressed and conversely you can also hear a smile on the phone! Singing can help to develop self confidence. When we are scared, the larynx loses its delicate balance of muscle interplay and the voice loses flexibility. The nuances of inflection are lost. Emotions have important things to tell us and can provide a way forward, if worked through sensitively to build awareness and self-knowledge. Whether it's anger, fear or pure joy, emotions can sometimes feel overwhelming and beyond our control.

For the elderly, singing in a group has particular health improvements. It can account for fewer doctor visits, fewer eyesight problems, less incidence of depression, less need for medication and fewer falls and other injuries. In Alzheimer's patients, music has the power to access words for those who can no longer converse. Being socially engaged can help people with dementia.

Information supplied by Beverley Drew who is using her experience of psychotherapy and counselling alongside her original training as a professional singer and teacher to tap into the power of the voice as a therapeutic concept. Beverley Drew Tunbridge Wells 07957 146221



Classical / Spanish guitar lessons

The Guitar is a magical instrument. It can stir the passions, stimulate the intellect and set feet tapping.

Why not take that first step to learning an instrument, I promise you this will be a hobby that you will find very relaxing and rewarding!

**Contact: Andy Burr
Mob: 07809 112203
Home: 01892 860547**

Why not learn a new instrument?

Like many others, once your time at school was over, the instrument you spent many hours learning to play was probably packed away to gather dust.

Learning to sing or playing a new instrument not only helps you to relax, but can also offer a great deal of fun. Whether learning to play on your own or deciding to join a group, it may be just the thing you are looking for. So if you fancy playing the sax, or see yourself strumming a guitar, why not have a look at what classes are available in your town. Go on, try something new!