Singing with LWC is Good for Your Health – Really!

Whether you call them resolutions, intentions, or a load of hogwash, it’s that time of year again. We all know that health is a common topic after Christmas, and I’ve got great news: singing with the Liverpool Welsh Choral is really good for you! Sure, putting on a solo concert in the shower is fun, but singing in a choir boosts wellbeing[[1]](#footnote-1), enhances self-esteem, reduces anxiety and depression, and improves the connections we have with other people[[2]](#footnote-2).

A large-scale survey of choral singers in Britain, Australia and Germany[[3]](#footnote-3) identified six benefits of choral singing. How many of these have you noticed?

1. Social benefits: Choir singing helps us create and maintain social networks, gives us a sense of belonging, and makes us feel included and appreciated.
2. Physical benefits: Singing is a full-body activity, and choristers said it supported their respiratory, vocal, and cardiovascular health, and motivated them to improve their mobility and stamina. Singing can also be a welcome distraction from poor health, reducing the body’s stress response and providing relief.
3. Mood benefits: Singing makes us happy! It can provide an outlet for self-expression and can be cathartic, calming, energising, and even spiritual.
4. Cognitive benefits: Choral singing can improve concentration and memory by giving your brain a workout, especially during rehearsals! Challenging yourself through singing can also provide a sense of balance in your life.
5. Skill-building: Learning about music and developing competence is an enjoyable and never-ending project, and singing is a unique experience that enhances the deep joy we find in music.
6. Providing meaning and purpose: Singing with a choir introduces discipline and structure into our lives and helps us feel like we’re part of something meaningful and rewarding. It gives us something to look forward to, which other researchers have found especially beneficial for older adults, people with health concerns, and carers.[[4]](#footnote-4)

So there you have it: one of the best things you can do for your health in 2023 is continue to sing with the Liverpool Welsh Choral! If you know someone who wants to focus on health this year, why not invite them to join us?

1. Stewart, N.A.J. and Lonsdale, A.J. (2016) ‘It’s better together: The psychological benefits of singing in a choir’, *Psychology of Music*, 44(6), pp. 1240-1254. [↑](#footnote-ref-1)
2. Clements-Cortes, A.A. (2013) ‘Buddy’s glee club: Singing for life’, *Activities, Adaptation, & Aging*, 37(4), pp. 273–290. [↑](#footnote-ref-2)
3. Livesey, L., Morrison, I., Clift, S. and Camic, P. (2012) ‘Benefits of choral singing for social and mental wellbeing: Qualitative findings from a cross-national survey of choir members’, *Journal of Public Mental Health*, 11(1), pp. 10–26. [↑](#footnote-ref-3)
4. Lee, S., O’Neill, D. and Moss, H. (2022) ‘Promoting well-being among people with early-stage dementia and their family carers through community-based group singing: a phenomenological study’, *Arts & Health*, 14(1), pp. 85–101. [↑](#footnote-ref-4)