

14 Health benefits of SINGING

1

Reduces Stress



2

Improves Mood



3

Lowers Blood Pressure



4

Improves Breathing



5

Reduces Perceived Pain



6

Boosts Immune System



7

Improves Sense of Rhythm



8

Promotes Learning in Children



9

Forges Comforting Memories



10

Promotes Communal Bonding



11

Provides Comfort



12

Motivates



13

Empowers People



14

Promotes Well-Being

