



FIVE BENEFITS OF SINGING IN A CHOIR

PSYCHO- LOGICAL EFFECTS

1 Choral singing improves our mood and boosts our self-esteem, while decreasing stress, depression, and anxiety.

PHYSICAL EFFECTS

2 Choral singers have lower blood pressure, increased blood oxygen saturation, elevated immunity, higher pain threshold, stronger respiratory muscles, and less stuttering.

ENHANCED SENSE OF ALTRUISM

3 The experience of making music together provides a sense of awe. Those who report more awe in their lives have been shown to be more generous, more ethical, and more helpful towards others.

OTHER HEALTH REWARDS

4 Choral singing calms the heart and boosts endorphin levels. It improves lung function. It increases pain thresholds and reduces the need for pain medication.

BOOST IN MINDFUL- NESS

5 The call for attention to details such as watching the conductor, listening to other voices, reading music, and remembering text contribute to reaching this attentive, aware, and accepting state.