

SING YOUR HEART OUT

Singing has benefits for physical and mental health and wellbeing especially when you sing together; the benefits do tail off if you stop singing regularly, so keep that song in your heart going.

Singing

Singing is an activity that has been shown to be beneficial to the health and wellbeing of older people.(1) Physiologically, singing involves breath control, rhythm, memory and good posture.(2) Singing has been shown to improve lung capacity and breathing muscles.(3) Choir or group singing is a popular activity that also shows benefits for mental and social health in older adults.(4) Singing has also been shown to reduce a sense of loneliness.(5) Singing in smaller or larger groups has been shown to improve social bonding which is thought to be brought about through the exertion, synchronized rhythm, thinking of oneself along with others and the internal release of “feel good” endorphins and oxytocin.(3) Singing has also been shown to improve a sense of wellbeing and reduce stress and anxiety in those who care for others.(3) Even in bereavement, singing in a choir has shown to reduce symptoms of anxiety, depression and improve self-efficacy and self-esteem.(6)

Guidance

“A Practical guide to Healthy Ageing” from Age UK and the NHS recommends getting involved in local community activities like singing to improve mental wellbeing.(7)

GOLDSTER★ **Points and Evidence Levels for this Activity**

Domain	Impact Strength	Points	Information on Evidence	Evidence Type	Evidence Level
Physical	Mild	1	In healthy older people, singing has been shown to have a positive mild impact on overall wellbeing and breathing.(2, 3, 8)	Systematic Review, Review	Low
Cognitive	Mild	1	In healthy older people, choir singing has been shown to improve an aspect of cognition involving verbal abilities.(9)	Cross-sectional study	Low
Emotional	Medium	2	In healthy older people, singing has been shown to have a medium impact on enhanced morale, improved mood, reduced symptoms of anxiety or depression, reduced the risk of depression and reduced sense of loneliness.(2, 3, 10, 11)	Systematic Review	Low

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