

Life-Affirming Benefits of Singing

Vocalizing Promotes Well Being
By Patty Mills



“Singing fortifies health, widens culture, refines the intelligence, enriches the imagination, makes for happiness and endows life with an added zest.” *

If you sing in the shower or sing along with the radio, consider taking this raw vocal skill to new heights. Music – the “universal language” not only stirs our deepest emotions, but active participation can increase energy and vigor to see us through even the most stress-filled life commitments.

Good vocal technique goes beyond the basics to include both physical and vocal warm-ups, proper nutrition, adequate rest and emotional commitment. An experienced vocal teacher will explore all aspects of posture, abdominal and chest development, tone production and breath control. What health club can promise these benefits?

- Singing increases poise, self-esteem and presentation skills.
- Singing strengthens concentration and memory.
- Singing develops the lungs and promotes superior posture.
- Singing broadens expressive communication.
- Singing adds a rich, more pleasant quality to speech.
- Singing animates the body, mind and spirit.
- Singing enables the performer to delve into characterization/acting.
- Singing stimulates insight into prose and poetry and piques interests in the inner meaning of words.
- Singing enriches one’s ability to appreciate the art of great singers.
- Singing is an ageless enjoyment – you are never too young or too old.
- Singing is therapeutic both emotionally and physically.

Solo singing is easy to develop with the assistance of a well-trained vocal coach. Performing opportunities include church/band soloist, cabaret artist, or enjoying your newly developed skill exclusively for self-satisfaction. Opportunities to group singing abound from choirs to classical ensembles, Madrigal troupes, doo-wop, a cappella and more. If you commit to a performing ensemble, be sure the group shares the same emotionally and health-enriching goals you have set for yourself.

Whether or not you become a world-class singer is not important. Sharing the joy of singing will enrich your life far beyond the notes and music. Add a healthy, new dimension to your life – try SINGING!

**American Academy of Teachers of Singing*

Patty Mills was an active member of the YankeeMaid Chorus for many years. Most recently she was very involved in marketing and public relations for the chorus. To that end, she wrote this article for publication in the Fairfield/New Haven Counties edition of “Music Notes.” In January 2000, we lost Patty to cancer. The YankeeMaids miss Patty and remember her fondly.