

THE **BENEFITS** OF **SINGING** AND **PLAYING** A **MUSICAL INSTRUMENT**

1



Reduces Stress & Anxiety

Singing and playing music both release dopamine, causing you to feel emotions such as happiness, excitement, and joy.

2



Cognitive Improvements

Both playing an instrument and singing each enhances neuroplasticity in the brain and stimulates multiple senses simultaneously.

3



Social Connections & Friendships

Studies have shown that people feel closer to one another when playing music and singing together, in small and large ensembles and choirs.

4



Increases Self-Confidence & Self-Esteem

Participation in musical activities, such as playing in an ensemble or singing in a choir, significantly improves mood, self-confidence, and self-esteem.

5



Improves Concentration

Learning to sing or play an instrument improves focus and concentration, with these skills continuing to strengthen the longer you participate.

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US TODAY!**



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Sources: Ensemble Performing Arts, Merit School of Music, Music Guard, Oxford University, Psychology Today, University of Berkeley

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