

## **"Sing – sing for your life"**

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A lecture about singing and health

## **"Sing – sing for your life"**

- ▶ Life quality
- ▶ What is "health"?
- ▶ a state of *physical, mental* and *social*/well-being, and not only absence of illness or weakness (Lindström, 2006, p 41).

## **"Sing – sing for your life"**

- ▶ The voice – the mirror of the soul
- ▶ Music – a matter of humanity
- ▶ What does singing do for us?
- ▶ "Notes on Music And Health" by Prof. Theorell, Karolinska Institutet Univ. Press, 2009
- ▶ Behind the state of well-being

## **"Sing – sing for your life"**

- ▶ What does singing do for us?
- ▶ Hormones and proteines
- ▶ Oxytocine
- ▶ Testosterone
- ▶ Globuline A

## **"Sing – sing for your life"**

- ▶ What does singing do for us?
- ▶ Heart, breathing and circulation:

### **"Sing – sing for your life"**

- ▶ **What does singing do for us?**
- ▶ Better "grounding"
- ▶ Get acquainted with your inside – alexitymi
- ▶ Lower blood pressure
- ▶ Blocking pain paths
- ▶ Speaking voice
- ▶ Easier breathing
- ▶ Posture
- ▶ Cognitive processing
- ▶ Internal organs exercised

### **"Sing – sing for your life"**

- ▶ **Music therapy – for everyone?**

### **"Sing – sing for your life"**

- ▶ **The future conductor:**
- ▶ Psychology, sociology, communication
- ▶ Paduan suara – *united voices*

### **"Sing – sing for your life"**

- ▶ The BIG picture
- ▶ Singing promotes better citizens
- ▶ Singing – a society-building activity!

### ▶ **Sing – sing for your life!**

- ▶ ačiū už kvietimą!
- ▶ ačiū už komplimentą!