



## sing and be well

commentary by linda dessau

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When people find out that I'm a music therapist, the comments I hear most often are "I wish I could sing!" or "Oh, I love to sing, but I'm not good enough to do it in front of anyone". Some of these people share that, as children, they were told—by a parent, teacher or someone else—that they should just mouth the words because they didn't have a good enough voice.

Singing is our birthright! Singing is a natural and pure expression of how glad we feel to be alive, and the way we show our love of music. Here are my top five reasons to sing:

- 1. To connect with your body** | We sing with our whole bodies. Because singing is so closely connected to breath, it helps us "be in our bodies" and let go of the thinking (or worrying) we do much of the day. Singing can be a joyful activity and can release endorphins (those feel-good chemicals that the body creates).
- 2. To connect with yourself** | Meditative toning, singing along to a favorite song or simply humming to yourself are all ways to tap into your inner landscape and see what's going on in there.
- 3. To connect with others** | Singing with other people—in meditation, prayer, gathered 'round the piano or at a sing-along, concert, or bedside—helps us experience, in a very deep way, that we're all truly connected.
- 4. To express your feelings** | Many times, a singer, songwriter, or composer has expressed our feelings in a way we never could have. If there's a song that expresses what you want or need to say, try singing along (keep in mind that this is just for you and it's not about "sounding good").

- 5. To boost your good feelings** | Whatever you focus on, you'll invite more of into your life. Choose uplifting, joyful and celebratory songs to sing.

So, sing out! Be proud of your own unique voice. Experiment with what works for you. Keep a journal of what you notice in your mind and body when you sing specific songs. Then, you can choose the right song for the right moment and make use of the power of singing in your life.

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Linda Dessau, the Self-Care Coach, helps artists enhance their creativity by addressing their unique self-care issues. 'Feel like your creativity is blocked? Sign-up for the free eCourse, "Roadblocks to Creativity" by visiting <http://www.genuinecoaching.com/>.

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