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**Singing in groups could make you happier – 24th December, 2017**

## **Level 4**

Singing in groups could lower anxiety and depression. New research from a university in the UK and a community singing group called Sing Your Heart Out, looked at how singing in groups helped mental health. Researchers followed participants in free weekly singing workshops for six months. They found that singing in groups helped people recover from mental illness. It also helped people feel valued, lifted their mood, and increased their confidence.

The lead researcher said singing in a group helped people recover from mental health problems. He said participants reported positive effects on their mental health because of singing in the workshops. For some people, it was a key part of their recovery and well-being. The researcher said some participants called the workshops a life saver and that they saved their sanity. He said: "The key thing for everyone was [the workshops] induced fun and happiness."

## **Level 5**

Singing in groups could reduce anxiety and depression. New research from the University of East Anglia in the UK, in collaboration with a community singing group called Sing Your Heart Out, examined how singing with other people affected mental health. Researchers followed participants who attended free weekly singing workshops for six months. They found that singing in groups helped people recover from mental illness. Researchers said it helped people feel valued, lifted their mood, and increased their confidence, social skills and feeling of well-being.

Researcher professor Tom Shakespeare said singing as part of a group contributed to people's recovery from mental health problems. He said: "All of the participants we spoke to reported positive effects on their mental health as a direct result of taking part in the singing workshops. For some...it stood out as key to their recovery or maintenance of health." Professor Shakespeare explained that some participants called the workshops a life saver and that they saved their sanity. He said: "The key thing for everyone was [the workshops] induced fun and happiness."

## **Level 6**

Researchers have found that singing in groups could have positive effects on reducing anxiety and depression. The research is from the University of East Anglia in the UK, in collaboration with a community singing group called Sing Your Heart Out. A research team conducted the study to examine how singing with other people affects mental health. Researchers followed a group of participants who attended free weekly singing workshops for six months. They discovered that singing in groups was an essential part in helping people recover from mental illness. In addition, it helped people feel valued, enhanced their mood and increased their confidence, social skills and feeling of well-being.

Lead researcher, professor Tom Shakespeare, said: "We found that singing as part of a group contributes to people's recovery from mental health problems." He added that: "All of the participants we spoke to reported positive effects on their mental health as a direct result of taking part in the singing workshops. For some, it represented one component of a wider programme of support. For others, it stood out as key to their recovery or maintenance of health." Professor Shakespeare explained: "We heard the participants calling the initiative a life saver and that it saved their sanity." He said: "The key thing for everyone was that the Sing Your Heart Out model induced fun and happiness."