



Scotland's Singing for Health Network

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... singing alters the hormones and neurotransmitters that boost mood-state and the immune system. We have also found that singing reduce stress, which is linked to so many health conditions. Our previous research shows that listening to positive music for more than 5-minutes a day can improve mood state and that engaging in music by singing or playing instruments is more effective than listening alone (Cooper, 2020).

Themes for the three workshops:

1. Embedding Singing for Health research in practice: benefits, challenges and facing the future.
2. Sharing practice: how to engage and work with different Singing for Health groups.
3. Engaging Health Professionals in Singing for Health research and practice.

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