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Subject: Singing to Relax

Posted by [Beck](#) on Sat, 18 Sep 2021 12:45:03 GMT

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I noticed that I would randomly sing during stressful days. Even though I don't sound that good, it makes me feel better. It contradicts the thought saying listening to good music would cheer us up. On some days, maybe we don't need good music, since producing our own can help too. When do you find yourself singing, if not humming?

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Subject: Re: Singing to Relax

Posted by [Rusty](#) on Sat, 18 Sep 2021 14:30:02 GMT

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All the time. I always seem to have a tune looping around in my head. Years and years ago I was at a banking drivethru and I was I though unheard singing a little ditty by the Beatles. Dirty Maggy Mae. Over and over to myself I thought. I looked up to see all the goils in the drivethru cracking up laughing. I motioned a little bow or nod to them and completed my transaction. Yeah, I'm always doing it. Can't help it.

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Subject: Re: Singing to Relax

Posted by [Zart](#) on Sun, 19 Sep 2021 06:57:32 GMT

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Singing in the shower is a classic, and I think it's one of the reasons why I take a long time in the bath. I feel so carefree when doing it that I don't mind even if anyone hears me.

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Subject: Re: Singing to Relax

Posted by [Mica](#) on Mon, 20 Sep 2021 21:50:50 GMT

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I sing all the time! When I'm stressed at work, I crank up the music and sing. When I'm doing an extremely hard workout, I turn up the music and sing! I love to sing! I think singing certainly helps with stress and stressful situations.

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Subject: Re: Singing to Relax

Posted by [Kingfish](#) on Thu, 23 Sep 2021 01:04:34 GMT

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In my car while I'm driving the interstate. I'm paying too close attention in tbe city to distract myself, but once I'm out of town.....yeah.

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Subject: Re: Singing to Relax  
Posted by [Souldude](#) on Thu, 23 Sep 2021 07:48:42 GMT  
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Rusty wrote on Sat, 18 September 2021 09:30All the time. I always seem to have a tune looping around in my head. Years and years ago I was at a banking drivethru and I was I though unheard singing a little ditty by the Beatles. Dirty Maggy Mae. Over and over to myself I thought. I looked up to see all the goils in the drivethru cracking up laughing. I motioned a little bow or nod to them and completed my transaction.

Yeah, I'm always doing it. Can't help it.

I've experienced something similar. Like when I'm too focused, I'd sing mindlessly and wouldn't even notice it. It can get awkward for me when people are around, and I wouldn't really like that.

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Subject: Re: Singing to Relax  
Posted by [Phonetic Ear](#) on Fri, 29 Oct 2021 14:42:35 GMT  
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Yeah, I sing to relax if not talk to myself. Either of that is a big help when I'm stressed out. I sometimes sneak out to have some self-talk or sing because it's more effective than talking with people about my stress.

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Subject: Re: Singing to Relax  
Posted by [Leot55](#) on Fri, 29 Oct 2021 20:06:38 GMT  
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I guess that explains why so many people seem to do it, even those who can't carry a tune. I can't say that I've ever been in the habit of singing, humming, or whistling.

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Subject: Re: Singing to Relax  
Posted by [Mica](#) on Thu, 17 Feb 2022 03:13:06 GMT  
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Souldude wrote on Thu, 23 September 2021 02:48Rusty wrote on Sat, 18 September 2021 09:30All the time. I always seem to have a tune looping around in my head. Years and years ago I was at a banking drivethru and I was I though unheard singing a little ditty by the Beatles. Dirty Maggy Mae. Over and over to myself I thought. I looked up to see all the goils in the drivethru cracking up laughing. I motioned a little bow or nod to them and completed my transaction. Yeah, I'm always doing it. Can't help it.

I've experienced something similar. Like when I'm too focused, I'd sing mindlessly and wouldn't even notice it. It can get awkward for me when people are around, and I wouldn't really like that. See I'm the exact opposite. I don't care who is around. Singing helps me destress and it makes me happier. If other people are around, so be it.

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Subject: Re: Singing to Relax  
Posted by [Concorde](#) on Fri, 18 Feb 2022 03:52:11 GMT  
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I'm too self-conscious to let other people see me do that. I'll pick my nose while I'm driving, but not sing. lol

Karaoke is even out of the question.

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Subject: Re: Singing to Relax  
Posted by [Wayne Parham](#) on Fri, 18 Feb 2022 15:22:17 GMT  
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Concorde wrote on Thu, 17 February 2022 21:52 I'm too self-conscious to let other people see me do that. I'll pick my nose while I'm driving, but not sing. lol

Karaoke is even out of the question.

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Subject: Re: Singing to Relax  
Posted by [Rusty](#) on Fri, 18 Feb 2022 23:02:05 GMT  
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Quote:Concorde

I'm too self-conscious to let other people see me do that. I'll pick my nose while I'm driving, but not sing.

So, harvesting nose vegetables within sight of other drivers is preferable to singing while driving?

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Subject: Re: Singing to Relax  
Posted by [Wayne Parham](#) on Fri, 18 Feb 2022 23:16:55 GMT  
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Subject: Re: Singing to Relax  
Posted by [gofar99](#) on Sat, 19 Feb 2022 22:15:17 GMT  
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What more can anyone say... 80

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Subject: Re: Singing to Relax

Posted by [Acacia](#) on Wed, 11 May 2022 07:25:12 GMT

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Singing helps, but I don't do it when someone I'm uncomfortable with is around. I prefer not to make any sound instead, even when I'm at home. I find myself singing when in front of my laptop, lol.

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Subject: Re: Singing to Relax

Posted by [Curry](#) on Fri, 13 May 2022 11:49:21 GMT

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In this fast pace today we sometimes get so busy with the details of our lives and it's so easy to get caught up, forgetting to have a moment with music. Like all art, it takes to pause the mind to appreciate it and feel the sweetness that comes from it.

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Subject: Re: Singing to Relax

Posted by [kaitlincampean](#) on Wed, 22 Jun 2022 18:21:48 GMT

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I completely understand you. For me, singing has always been something very personal, because I've thought all my life that I sing disgusting. Back at school, one of my friends told me this, and these words caused me a huge complex for my whole life. Of course, children don't think about what consequences their words may have, but it still became something too personal for me. Only recently I started going to therapy and raised the question that I can't sing, although I've always dreamed about it. My psychologist advised me to start with articles and videos on YouTube about how to sing correctly and start practicing at home. In this regard, I really like the Musicaroo website, as there is a lot of useful information for beginners like me.

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Subject: Re: Singing to Relax

Posted by [Rusty](#) on Thu, 23 Jun 2022 17:24:38 GMT

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Well Kaitlin, you're taking the bull by the horns with what you're doing. Show that complex who's boss. And sing because you just feel like it. My mail lady, she sings. In the heat of the summer and the biting cold of the winter. I'll hear her when she makes it up the steps to the mailbox sometimes. If I catch her before she's out of range, I'll say hi and say thanks for what she does. I call her songbird. She is.

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