

The power of the Voice

By Jan

Having been diagnosed with a Chronic life changing condition is not an easy thing to accept.

One of my hobbies has always been music, when my lungs became a problem I decided to take up singing seriously. I sat my theory exams with young children. I had better mention that at this time I was 60 years old. For the singing exam I waited patiently with these youngsters who were brimming with confidence. Me? I was shaking in my shoes. However, I passed all my exams with distinction. I did notice as I studied and practiced during those hours, was that my pain became less pronounced, I became so focused.

I still belong to a choir "The Melody Makers" we practice once a week. I've found that I have gone to practice feeling unwell and in pain. Once I start singing the pain recedes, it becomes less dominant. It does make me feel tired but when I get home I am able to totally relax.

I find it is not just the music that helps it is also contact with other people. Many of the choir members have got physical problems but there love of music seems to help.

After finding how much my music had helped me to control my pain I joined other groups, art and a swimming club. The time spent with all these groups I actually feel normal. All I have to do is prepare for each activity in advance and realise there is a small price to pay; the next day I rest.

Jan.

