Music and Friends for a Better Brain Transcript

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Ukulele Club and Summer Gathering

Hi, it's Dr. Sklar, and I'm here in a baseball hat. It's actually my Long Beach Ukulele Club hat, I am wearing it because I was at our end of the summer ukuleles event where we went and had lunch and played music and enjoyed each other's company.

I telling you about this because of benefits for cognition. So I started playing ukulele because I knew it was beneficial to learn something new.

Learning Ukulele for Cognitive Benefits

And I had never played an instrument in my life and decided that a ukalele was something approachable, that I could get some mastery over in a fairly short amount of time.

Joining the Local Ukulele Club

So my husband bought me a beautiful uklele which actually sat in closet for about a year until I finally got up the courage to join our local ukilele club And from the first time I went, I knew this was the place for me.

We were playing in somebody's front yard, and every time a pedestrian walked by, they stopped and smiled. And I thought, what else can you do that makes people smile constantly as you're doing it?

And what I found was a wonderful group of people.

Music, Brain Engagement, and Social Connection

So not only did I learn something new and challenge my mind, it involves the use of my right brain and my left brain, singing and interpreting music, making my fingers play at the same time my mouth is going.

So I knew all of that was good for my brain, but what we also know is very important for your brain is social interaction, having a connection. People that you care about, they care you.

And the third thing that I got out of my ukulele club and my ukelele ukulele playing is something spiritual. Singing is very uplifting. Music is up lifting and it satisfies my spirit.

Uplifting Spirit Through Group Music

So in an afternoon of having a lot of fun, which is good for your brain, using my brain to play music and sing and spend time with a wonderful group of people and increase my social connections, I know I've done wonders for my Find something to do like that that you love doing, that can do with a group of people and is uplifting.

It will do your brain good.