

Catch the Ukulele Craze

Ukuleles are everywhere these days. These guitar-like instruments are small, easy to carry, affordable and easy to learn. By learning a few chords, new ukulele players can quickly learn a recognizable song. Fans meet to jam, form ukulele bands and hold festivals to honor this tiny music-maker.

What once was relegated to a Hawaiian or tropical vibe, today's ukulele music is available in many genres – Rock and Roll, classical, and standards.

As a mindfulness activity, playing music has social and wellness benefits which include:

- Increase in concentration
- Reduction of anxiety and depression
- Lowered blood pressure
- Improved quality of sleep
- Recollection of old memories
- Pain management
- Decreased stress hormones
- Connection with others
- Nurtured creativity

Start with free YouTube lessons or connect with a ukulele group near you to begin your own ukulele journey. If the ukulele does not vibrate with you, consider an autoharp, mandolin or hand drums.

People haven't always been there for me, but music always has.

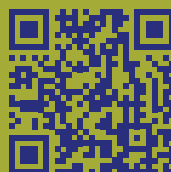
~Taylor Swift, American songwriter and musician



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