

VOCAL HEALTH HACKS

Warm up



Before speaking and/or singing!
Try it: Humming (slide from low pitch up to higher pitch then back down), Lip Trills (vibrate lips together to make motor boat sound).

Vocal Rest



Take a break from speaking or singing if your voice feels tired.
Try it: bring a small pad of paper and a pencil with you to communicate.

Drink Water



Little sips very often.
Try it: bring a water bottle with you throughout the day.

Steam



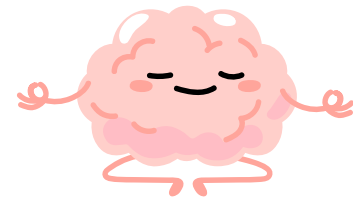
Great for immediate help.
Try it: fill a bowl with boiling water (*parental supervision needed for kids!), put your face over it with a towel over your head. Breathe slowly.

Sleep



Sleep is vital for overall health and well-being.
Try it: Go to bed half an hour earlier, 3 nights in a row.

De-stress



Emotional stress & anxiety can affect the muscles of the larynx.
Try it: choose three times throughout the day to take three slow breaths: in for 4, out for 6-8