10 Tips for a Healthier Voice

1. Hydrate
2. Steam or Mist
3. Establish a Nasal Rinse Routine
4. Avoid Pseudoephedrine when Possible
5. Maintain an Active Vocal Practice Regimen
6. Create a Vocal Budget
7. Adopt a Movement Practice
8. Pause to Breathe
9. When in Doubt, Scope it Out
10. Be Patient with your Vocal Development. Don’t underestimate the power of positive thinking when it comes to achieving your vocal goals!

Disclaimer

Lamar University (LU) shall not be held liable for improper or incorrect use of the data described or information contained on this map or associated series of maps. The data and related map graphics are not legal, land survey or engineering documents and are not intended to be used as such.

LU gives no warranty, expressed or implied, as to the accuracy, reliability, utility, or completeness of this information. The user of this map product assumes all responsibility and risk for the use of the product. LU disclaims all warranties, representations, or endorsements either expressed or implied, regarding the information contained in this map product, including, but not limited to, all implied warranties of merchantability, fitness for a particular purpose and non-infringement.

This preliminary map product is for research and review purposes only. It is not intended to be used for emergency management operational or life safety decisions at the local or regional governmental level or by the general public. Users requiring information regarding hazardous conditions or meteorological conditions for specific geographic areas should consult directly with their city or county emergency management office.

This work was funded by the Center for Resiliency (CfR) at Lamar University under award 22LPxx. Any opinions, findings, and conclusions or recommendations expressed in this material are those of the author(s) and do not necessarily reflect the views of Lamar University or the CfR.
What is a Laryngologist?

A physician specialized in evaluation and treatment of the voice. They are fellowship-trained in laryngology, or a specialty-trained ENT.

Poor Voice

If you experience vocal challenges that are particularly concerning to you, talk with your trainer, coach, vocologist, or SLP about the possibility of a referral to a laryngologist.

Hydrate

Although every body is different, many performers find benefit from drinking half their weight in ounces per day. For instance, a vocalist with a body weight of 200 lbs. might aim to consume 100 oz. of water in a given day, give or take.

Pause to Breathe

Find times throughout the day to pause and take three intentional, supported breaths (inhale through the nose). Creating an intentional routine of pausing 3-4 times per day for full, focused breaths will go a long way toward encouraging a healthy vocal mechanism.

Voice Budget

Work with your teacher, singing or acting voice specialist, vocologist, or speech-language pathologist to create a vocal budget and pacing calendar to be sure you’re obtaining plenty of rest between sessions of heightened voice use.

MOVE IT!

If you don’t already engage with a practice like yoga, Pilates, or the Alexander Technique, consider exploring how one or more of these might contribute to your vocal health. Always check with your doctor before beginning any movement program.