

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!

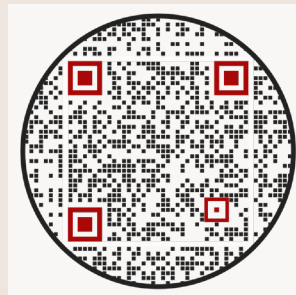
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Vocal Health

10 Tips for a Healthier Voice



CENTER FOR RESILIENCY
LAMAR UNIVERSITY

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.