

INSPIRE vocal STUDIO

Healthy Habits

- Avoid smoking, drinking, frequent glottal and fry use, and clearing your throat.
- Hydrate with plenty of water throughout each day, while avoiding caffeine and drying medications (antihistamines and decongestants have a dehydrating effect). Discuss medication side effects with your doctor before taking them.
- Aggressively manage reflux through diet precautions and medications if necessary.
- Wash your hands frequently.
- Practice vocal warm-ups at the beginning of each day and cool-downs at the end.
- Use exercises to enhance relaxation, breathing, phonation, and resonance.
- “Sing as you speak and speak as you sing!” Be intentional about practicing good posture and breathing when speaking as well as singing.
- Avoid yelling and talking over loud noises.
- Be mindful of your singing when in the car. Singing over loud music and road noise can quickly cause fatigue.
- Incorporate physical exercise to combat stress and boost immunity.
- Maintain proper sleep habits to promote physical, emotional, and vocal well-being.
- Find appropriate relaxation methods (McClosky Technique, Yoga, Massage Therapy, etc.).

During Illness

- Singers with head colds can continue singing - but in general, if it hurts, don't do it.
- Avoid mint, menthol, or medicated lozenges as they may induce dryness and laryngeal strain. Instead use sugar-free gum, Halls Fruit Breezers, Ricola Herb Cough Drops, etc.
- Hydrate to allow for the repair of the mucosal covering.
- Adopt periods of vocal rest.
- Avoid whispering.
- Avoid coughing, and instead use “the silent cough”: blowing air through your throat and mouth without making a sound.
- Speak with good support and a higher, lighter pitch.
- Employ steam inhalation and nasal irrigation.
- Hemorrhaging may be avoided by limiting your use of Aspirin/Ibuprofen products or NSAIDS (non-steroidal anti-inflammatories). Acetaminophen (which can be found in Tylenol) is a better option.
- Women should specifically monitor their speaking and singing during their menstrual cycle as changes in body chemistry as well as use of pain medications can negatively affect the voice.

Information also contributed by McClosky and Dr. Shellie Beeman (CMVT)