

### **The Most Important Aspect of Voice is Breathing**

- C Your Mother was Right! Posture IS Important.
- C Making the Connection
- C The Endurance Count

### **Reducing Stress and Tension Help Breathing and Sound**

- C Neck Rolls
- C Shoulder Shrugs
- C Shake it Out!
- C Tighten/Release

### **Warm-Ups – Athletes Do Them, So Should Speakers**

- C Start with Relaxation & Breathing
- C Raisins & Grapes
- C Humming
- C Tongue Twisters

### **Developing More Warmth and Richness – Resonance**

- C Open Throat
- C Relaxed Tongue
- C Forward Placement

## Vocal Hygiene

- C **DON'T SMOKE!!!**
- C Eliminate excess tension.
- C Drink LOTS of water - at least 8 glasses per day.
- C Limit caffeine and over-the-counter medication.
- C Don't shout or yell if you can help it.
- C Avoid chocolate and milk products before you speak.
- C Clear your throat gently and don't "harrumph."
- C Do vocal warm-ups.

## Vocal Common Sense When You Have a Problem

- C Disclaimer – I'm not an ENT or Speech Pathologist, I deal with behavioral issues.
- C Stay hydrated.
- C Use your voice as little as possible.
- C Talk softly, but don't whisper.
- C Keep your throat and neck warm and relaxed.
- C Drink warm, decaf beverages.
- C Make sure you are warmed up before you speak.
- C If your problems persist, don't ignore them.
- C Sometimes you have to "bite the bullet."

## Pre-Speech Ritual

- Go to the bathroom
- Get Relaxed and Focused
- Monitor and Adjust Your Breathing
- Do Warm Ups
- Take the Right Attitude on Stage

Articles about these and other subjects can be found at [www.SayItWell.com/Free\\_Articles.html](http://www.SayItWell.com/Free_Articles.html).