

The 5 Voices

Voice Care

Before you do anything WARM UP!

- ✓ Stretch the muscles in the head, neck, shoulders and ribs.
- ✓ Centre your breathing with a yawn.
- ✓ Gently hum and chew going up and down your range
- ✓ Voice a tongue twister, poem, or song
- ✓ Say hello to colleagues at the beginning of the day.

Keep your voice well hydrated. A dry voice can feel and sound strained and husky.

- ✓ Keep a bottle of water at hand throughout the day
- ✓ Sip it little and often
- ✓ If your pee is dark you need to drink more: pee pale.
Don't guzzle loads at once. The water will not be absorbed and will run right through you.

Caffeine and alcohol can make you feel dry.

Don't let coffee, black teas and fizzy drinks be your only source of hydration during the day.

- ✓ Herbal teas and squashes are fine
- ✓ Water is best for hydration

Smoking dries and irritates the vocal tract

- ✓ Drink water
- ✓ Avoid smoky environments

Be aware of your vocal effort levels.

- ✓ Use the appropriate tone and volume for your audience and message.
Don't shout, strain or push your voice for loudness.

Dairy Products can make you feel as if there is too much mucus in the vocal tract.

- ✓ Try eliminating dairy products from your diet for two weeks to see if it makes a difference.
- ✓ Make sure you take a calcium supplement if you do this.

The 5 Voices

Voice Care

Acid Reflux can affect your voice by irritating your vocal folds and making them swell.

- Avoid spicy foods late at night
- ✓ Tilt the bed or prop a pillow under your mattress when you sleep.
- ✓ Gaviscon Plus is a good over the counter remedy.
- ✓ See your GP if it is chronic.

Stress and tension affect the voice

- ✓ Plan time to relax
- ✓ Eat well, sleep well
- ✓ Rest your voice if it feels tired

When things go wrong with your voice

- ✓ Rest your voice- Voices usually come back with sufficient rest.
- ✓ If your voice is painful or it cuts out when you gently hum and chew see the head of Singing or the Head of Voice for voice rest assessment.
Don't whisper
Don't excessively clear your throat/ swallow instead
- ✓ Suck fruit pastilles made of glycerin
Don't use medicated throat lozenges if you are working. They dry you out and deaden pain.
- ✓ Inhale steam

If you notice the quality of your voice has changed and not improved over a period of four weeks give us at the5voices a call or speak to a voice specialist. It might be a good idea for you to be checked out by an ENT (Ear Nose and Throat specialist).

**Having a voice problem is not your fault.
Not doing anything about it is!**