



Taking Care of Your Voice - 5 Top Tips

1. **Stay Hydrated:** Keeping your body hydrated is crucial for maintaining a healthy voice. Drink plenty of water throughout the day to keep your vocal cords lubricated and functioning properly.
2. **Avoid Irritants:** Certain substances, such as alcohol, caffeine, and tobacco, can irritate the vocal cords and lead to voice problems. It's best to avoid these substances or limit their use if you're a singer.
3. **Warm-Up Before Singing:** Just like athletes warm up before a game, singers should warm up their voices before singing. This can involve simple exercises to stretch the muscles of the face, neck, and jaw, as well as vocal exercises to get the voice ready for singing.
4. **Protect Your Voice During Performances:** Singing for long periods of time or singing loudly can put a lot of strain on your voice. To protect your voice, take breaks when you need to, use proper technique when singing, and avoid overusing your voice in noisy environments.
5. **Get Enough Sleep and Exercise:** Sleep and exercise are important for maintaining a healthy voice. Sleep helps the body repair and rejuvenate itself, while exercise can help strengthen the muscles used for singing and increase overall health. Make sure to get enough rest and engage in regular physical activity to help keep your voice in top shape.

For further information or to book a workshop contact

info@songwritingcharity.org

www.songwritingcharity.org