PROMOTING HEALTHY VOCAL HABITS FOR THE PROFESSIONAL VOICE USER

Student Handout

KEY POINTS TO REMEMBER WHEN MAINTAINING OPTIMUM VOCAL HEALTH ON A DAILY BASIS

- Education on voice production
  - Be mindful of how your voice works
- Stigmas surrounding Voice Injury
  - Not due to fatigue/overuse
  - Not due to poor technique
  - Not career ending
- You are a Vocal Athlete
  - Be mindful of habitual behaviors
  - High vocal use
  - Fatigue is bound to occur
- Healthy Vocal Habits
  - Be mindful of environments
    - Background noise, poor room acoustics, distance, lack of amplification, air quality
  - Be mindful of lifestyle factors
    - Occupation, house, leisure
- Reduce overuse
  - Limit amount, intensity, and duration
    - Think ahead!
    - Keep a log if necessary to remind self for times of rest
- Warm up
  - Just like an athlete prepares
- Hydration
  - Drink plenty of water!
  - Room humidification
- Avoid or Limit
  - Smoking, spicy foods, dairy, caffeine, menthol, alcohol
- Monitor voice when taking certain medications
  - Antihistamines, aspirin, local anesthetics, progesterone, mucolytic agents
- Mindfulness and Meditation

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