



Keeping Your Voice Healthy

- Talk and sing if you like it, but keep within your pitch range & do not strain your voice
- If you enjoy using your voice loudly, ensure you have a good technique.
- Go to a doctor quickly if you develop a troublesome cough.
- Avoid throat clearing and coughing as much as possible.
- If you have to throat-clear, do it gently e.g. huff
- Get your indigestion treated by a doctor as gastroesophageal reflux may cause problems to your voice.
- Keep your body fit and healthy - eat well and exercise regularly.
- Keep your neck and shoulders loose and easy and seek treatment for any neck or back problems. Bad posture produces a bad voice.
- Drink lots, but not alcohol; and cut down on caffeinated beverages.
- Enjoy a party but do not smoke anything at all.
- Ask the other person to sit down with you to talk - standing and talking often result in urgent, tense talking.
- Rephrase what you have said if someone does not understand you - don't just say it angrily again.
- Take time off to rest your voice if you have a bout of infective laryngitis, or a sore throat.
- If your voice is sick, take it to an Ear, Nose and Throat Specialist.
- Avoid yelling and screaming in anger.
- If you experience nasal airway congestion, or soreness in the larynx from coughing, a steam inhalation may help you.
- If you sing or perform, warm up and cool down your voice before and after your performance.