

Do's & Don'ts for Singers' Vocal Health

Do NOT:

- Smoke or Vape
- Sing without warming up first
- Drink alcohol (or sometimes coffee) the day of a performance
- Become a cheerleader
- Shout or Scream at Sporting Events
- Try to be heard in noisy places
- Vocalize a sneeze
- Phonate while yawning
- Stay out late the night before a worship service or performance
- Sing outdoors (trying to be heard in distance)
- Cough excessively (unless you just can't help it....)
- Clear your throat continually (Try lightly coughing.)
- Sing if it hurts to swallow
- Try to talk over a cold or laryngitis
- Sing higher or lower than is comfortable
- "Over sing" – you should never be hoarse after singing. Period.
- Whisper loudly or for very long
- Raise your chest or shoulders when inhaling
- Lift weights - using neck strain or guttural groans!
- Talk in a lower or higher pitch than is comfortable for you
- Talk a lot on day of performance

DO.....

- WARM UP BEFORE SINGING
- Support your speaking voice just as when singing
- Laugh a lot – but with good support
- Be attentive to your posture while singing
- Be attentive to correct any tension you feel while singing
- Get plenty of rest & avoid stress
- Use "belting" cautiously
- Eat well & drink lots of water
- Avoid dairy products prior to performance if they cause mucus
- Treat your body like a valuable instrument (because it is!)
- Take voice lessons if you sing regularly
- Take time to give thanks to God for the gift of your voice!