

# BLACK LIVES MATTER

## RAISE YOUR VOICE

BUT DON'T DAMAGE IT

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Hydrate! Drink 64oz of non-caffeinated, non-alcoholic fluids

Try to avoid irritants like smoke, perfumes, etc

Pay attention to and eliminate habitual coughing and throat clearing.

Get enough rest!

### Use Your Voice

Sip water throughout

Sit and Stand with good posture--pay attention to tension

Use strong diaphragmatic breath

Try to stay close to your normal pitch

Pay attention to what it feels like in your body to have a good quality loud voice

Use 'Easy Onset' voice

Use amplification whenever possible



### After You've Been Loud

Hydrate!

Do not whisper

Allow your voice to rest in between events requiring you to be loud

Use hard candies or xylimelts to keep mouth and throat hydrated



\*\*\* IF you experience prolonged laryngitis or hoarseness--see your doctor\*\*\*