

Vocal Tips

Song, Speech & Script

Whether you're singing, giving a speech or delivering your best off script; your voice is the voyager to the outside world. We create with our voices. The voice reveals so much about your personality and emotions and it's important to know how to have it work for you in the most authentic and effective way.

Here are some known and not-so known tips and tricks of the trade that will help you better express your artistry, deliver your message and get you started on the path to success. When it comes to your voice, you want to ensure its health, effectiveness and longevity. Your voice, your message.

Tips!

1. Keep hydrated. Hydration is based from the previous day so make sure you hydrate the day before that performance! Water and lots of water based foods like celery, apple and watermelon are some examples. Vocal cords need to keep lubricated since they move so fast. Avoid alcohol and caffeine.
2. Drink room temperature water and drinks or even better, warm temperatures. Ice cold drinks don't make the cords very happy!
3. Avoid smoking as it raises the risk of throat cancer considerably and secondhand smoke is quite an irritant to the vocal cords as well. Consider the air quality of your home and surroundings. As for electronic cigarettes which hit the market in 2003, its been reported by the American Cancer Society and Canadian Cancer Society that there is no sufficient scientific data to yet

prove their safety or effectiveness at this time. E-cigs are not approved by Health Canada.

4. Some foods can irritate the voice such as greasy foods and more acidic forming foods. Acid Reflux can cause irritation to the voice and causes redness, inflammation and other tissue changes especially from frequent clearing of the throat. Acid related vocal inflammation could occur with or without symptoms of heartburn. If you suspect, check with your doctor and watch your diet.
5. Allow yourself to take vocal naps throughout your full day. Lunch break, in between classes and such. Your voice needs a break too!
6. Be mindful of your voice in loud environments and avoid the urge to scream and yell at that game, party as a hoarse voice is a sign your vocal cords are irritated.
7. Keep your shoulders, neck and jaw relaxed. An incredible amount of stress can build up here. Stretching and "vocal yoga" exercises always help quite a bit of tension. Stay tuned for my vocal yoga workshops!
8. Be mindful of how you speak everyday. Can you tell if you speaking too low? Is your voice tired at the end of the day? Is it hard for you to be heard? You may be off your "optimal pitch" or signature note from which more natural, clear resonation can take place.
9. Don't clear your throat too often. It slams the vocal cords together and over time they become hoarse. Swallowing or taking a sip of luke warm water can help this. If you are

continuously doing so, it is worth seeing a doctor to find the cause and solution. In some cases it could be allergies, acid reflux or sinus conditions.

10. When sick, rest your voice. After the throat is no longer sore rehabilitate it back to health with vocal exercises prescribed by your vocal instructor. These are vocal exercises that bypass the vocal cords in a gentle and effective way.
11. When speaking publically, use amplification whenever possible, to avoid straining the voice.
12. Humidify your home and areas if dry especially when the heat comes back on. Avoid air-conditioned areas when possible, or cover with scarf to avoid shocking the system.
13. To warm up the vocals, try a lip bubble. You can see demonstrations on my website under Lesson sample. It's even more effective while in the shower because of the steam/humidity.
14. Sing gentle humming and cooing to warm up in the morning.
15. Specific vocal scales and slides for your voice type can be an excellent way to not only warm up the voice by train it.
16. Create a daily vocal routine that is associated with some regular activities in your day so you get your warm up done in the morning as well as at the end of your day.

For more specific support with your voice, goals and vocal background, contact Asheida for a voice consultation/lesson.