VOCAL HEALTH TIPS

- Stay hydrated! Caffeine, alcohol, and some prescription medication dehydrate the vocal folds.
- Be mindful of how much speaking or singing you do, and stop when you feel fatigued.
- Avoid competing with a noisy environment, e.g., restaurants, noisy machinery. Never yell!
- Smoking, including vaping, is particularly irritating to the vocal folds.
- Avoid excessive throat clearing or coughing.
- Avoid excessively acidic foods.
- Pain, hoarseness, loss of control or range, and rapid vocal fatigue are all warning signs. Seek a competent voice health professional.

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HEALTH BENEFITS OF SINGING

- Singing can boost the immune system.
- Singing can release endorphins, improving mood.
- Singing can reduce stress.
- Singing can reduce heart rate variability.
- Singing can improve lung function.
- Singing can improve memory.
- Singing alone or in a group improves self confidence.
- Singing can improve social bonding (community health).

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