

# Vocal Health Guide!

## Taking care of yourself will help you sing healthfully and successfully.

Getting enough sleep, staying hydrated, eating balanced meals, moving your body, and tending to your mental health will all contribute to healthy singing.

## Resources for vocal wellness:

- Vanderbilt's Wilkerson Center
  - Ear, nose, and throat specialist
  - Speech pathologist
  - Audiologist
- Mental health therapist: Vanderbilt Student Care Network/Center for Student Wellbeing

## Vocal damage/strain

The following activities put you at risk of vocal damage:

- Speaking loudly in a crowded room
- Yelling at concerts/sporting events
- Whispering
- Dehydration
- Regularly drinking coffee and other dehydrators without compensating with hydrating liquids
- smoking or vaping of any kind
- acid reflux

"Throat Coat is the best!"  
Hailey Clark

## Practice guidelines

- Do slow, easy warmups in the morning
- Break your practice into smaller sections throughout the day
- Use evening for review sessions
- Remember - you can do a TON of preparation without singing a single note. Translation, text interpretation, historical background, score markings, working through rhythm alone, etc.

"You've heard of 'use it or lose it?' Not with the voice! Rest it or lose it!"

Dashon Burton