

## Habits for a Healthy Voice

A healthy voice involves using and keeping your lungs and voice healthy and strong. Practicing healthy voice habits can prevent voice disorders from developing. These include:



Drinking plenty of water



Getting enough sleep



Not drinking caffeine



Avoiding smoky places



Not letting your voice work too hard

Here are some suggestions for alternative healthy voice practices.

★ Instead of...

- 👉 Screaming and yelling
- 👉 Loud Laughing/Crying
- 👉 Coughing/Clearing throat
- 👉 Cheering
- 👉 Talking Loudly
- 👉 Talking over noise
- 👉 Making funny noises
- 👉 Talking all the time

★ Try...

- 👉 Clapping or stomping feet when upset
- Snapping fingers to get attention; whistling
- 👉 Quiet laughing; Sad face
- 👉 Swallowing; Silently coughing
- 👉 Clapping; Using noisemakers
- 👉 Using an inside voice; Getting close to talk
- 👉 Turning off noise in room;
- Going somewhere quiet to talk
- 👉 Making a funny face; Using a quiet voice
- 👉 Taking some quiet time