



# 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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