

Developing Vocal Resilience

Follow-up tips and links for **Vocal Athletes!**

Thank you again so much for joining me today! Here's the warm up routine I promised.

1. When you wake up, drink a big glass of water while your coffee or tea is brewing.
2. Get some exercise. Minimum 20 minutes fast walking, some yoga, dancing whatever floats your boat, but make your body work and warm.
3. Full body stretches (unless you already did yoga). My version is at the bottom of the doc.
4. Neck rolls, stretches and face and neck massage, remember the muscles, ligaments and cartilage, directly impact your tiny ½ inch vocal folds!
5. Cat chewing gum and bubble roller coaster exercises.
6. Straw phonation with puffy cheeks. (straw links below)
7. Articulation exercises: puh x3 kuh x3 tuh x3 buh x3 guh x3 duh x3
8. Toy boat x3 red leather yellow leather etc

If you want a bit more help to make it easy, you can go to <https://yourfreevoice.com/resources/> to grab the **Natural Health Remedies PDF** and the **5 minute warm up course**.

In addition to the above basic level of daily warm up you should check your range at least once a week (piano on your phone - glides up and down) and start to investigate good massage therapists, ENT or Laryngologists and singing teachers. Ask your friends for recommendations. Try people out. Not all teachers are going to suit you, you are unique as are they.

Also:

Keep a food journal if you have any throat clearing/hoarseness issues. I've been assured that within 2 hours of eating or drinking something you should be able to tell if you're reacting. Don't eat for 2-3 hours before bed - danger items are usually on this list but it's different for all, sugary, spicy, fatty foods, dairy, acidic foods, coffee, alcohol. After a big session (or in the middle of a session) cool down as well, some straw phonation will bring your folds back into optimum health, no straw? Then lip bubbles will do. :) When you start with the straw, go easy 1 minute two or three times a day is great!

Laryngologist I love in LA:

Dr. Reena Gupta

ENT in the Bay Area (recommended by my friend at San Francisco Opera):

Steven H. Sloan, M.D. ENT

Voice Straw

Here is the video I showed you.

Mindy Pack -The Voice Straw

[How the Straw works video](#)

Here is the 10% discount link to buy straws

<https://voicestraw.com/discount/JULIANORTON>

My stretch routine.

1. Stand with feet hip width apart, reach up to the ceiling coming onto your toes.
2. As you breathe IN bring your heels to the floor, bend your knees, then drop forward exhaling.
3. Keep your knees bent as you slowly uncurl your spine one vertebrae at a time, head last.
4. Left foot forward a big stride, knee over ankle arms back chest forward like you're winning a race.
5. Bring your back foot in half way, tuck your butt under and hug a tree with your head dropped down. Breathing naturally through your nose or mouth.

If you have any other questions please feel free to reach out: julia@yourfreevoice.com

Big hugs, stay healthy everyone xoxox

Julia