**Essential Vocal Health for Singers, Preachers, and Speakers**

**Building the Bridge Ministries**

**By: Natorshau Davis**

**I Corinthians 6:19-20** - What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.

**Understanding your Vocal mechanisms**

* Vocal Anatomy
	+ Vocal folds
	+ Larynx
	+ Pharynx
	+ Nasal Cavity
* How the voice produces sound
* Considerations for “high-demand” voice users

**Common Vocal Health Issues**

* Vocal strain and fatigue
* Hoarseness and prevention tips
* Recognizing signs of vocal damage

**Preventative Vocal Care**

* Importance of hydration
* Simple warm-up exercises
	+ Humming
	+ Lip trills
	+ Lowest hum
* Techniques for proper breathing and posture
* Avoiding vocal abuse
	+ Shouting
	+ Whispering
	+ Prolonged speaking/singing

**Vocal Exercises**

* Demonstrate and practice gentle warm-up exercises
* Strengthening exercises for endurance
	+ Scales
	+ Intervals
	+ Slides

**Lifestyle Tips for Vocal Health**

* Dietary tips for vocal health
* Importance of rest and sleep
* Managing stress and its impact of vocal health

**Q&A**

* + Open floor questions and or concerns
	+ Personal advice

**Vocal Takeaways:**

* Essential understanding of vocal care tailored for high-demand voice users
* Exercises for daily vocal health
* Basic lifestyle tips for maintaining a healthy voice

**Closing**