



DAILY VOICE CARE CHECKLIST:

GOOD THINGS UP!*

- Hydration - drink ½ your body weight in ounces of water.**

- Steam - inhale warm steam or nebulized saline 5- 10 minutes 2x/day.**

- Massage and Stretch at least 5 minutes: head rolls, shoulder shrugs, etc.**

- Laryngeal Massage - 2-5 minutes daily.**

- Vocal Warm-ups - 1-2 min., up to 10x/day to warm-up and reset the voice.**

- Stress reduction - at least 5 minutes daily of deep breathing, mindfulness, meditation, etc.**

- Get sufficient sleep and physical exercise daily.**

*** DON'T WORRY IF YOU CAN'T DO ALL OF THESE "GOOD THINGS" EVERY DAY. THE IDEA IS TO JUST GET YOUR "GOOD THINGS" SCORE UP EACH DAY IN ANY WAY YOU CAN. COUNT ANYTHING YOU DO FROM THIS LIST AS A STEP IN THE RIGHT DIRECTION, AND DON'T BE TOO HARD ON YOURSELF IF YOU CAN'T GET TO ALL OF THEM. JUST GIVE IT A TRY; EVEN TRYING ONE OR TWO OF THESE COMMON-SENSE STEPS CAN HELP YOUR VOICE.**