



# DAILY VOICE CARE CHECKLIST:

## BAD THINGS DOWN!\*

- Caffeine** - try switching to half-caff, decaf, or better yet, caffeine-free herbal tea.
  
- Alcohol** - try reducing the quantity and/or frequency, especially at noisy events where you're more likely to socialize and speak loudly. Follow up with extra water.
  
- Smoking** - QUIT! Your vocal folds, your respiratory system, your family, and your life are counting on you! Don't let them down! Here's a great resource on smoking cessation:  
<https://www.webmd.com/smoking-cessation/quit-smoking>
  
- Marijuana** - avoid smoking it. Here's a resource on quitting:  
<https://americanaddictioncenters.org/marijuana-rehab/quit-marijuana>
  
- Reflux** - eat more green vegetables; bake, broil, steam, or grill instead of frying; add almond milk or alkaline water to your diet. Eliminate bottled/canned beverages such as sports drinks, soda, iced tea, and iced coffee drinks. Set a time at least 3 hours before sleep, after which you don't eat.
  
- Vocal Abuses** - give yourself a new, quieter voice by imagining yourself the Diva (or Divo?), who doesn't raise their voice, shout to someone in another room, or allow anger into the voice. Keep a chart of how many times you raise your voice every day; you'll soon change your behaviors and those numbers will go down!
  
- Posture** - Use sticky note reminders or phone reminders/alarms to remember: shoulders back and down, chest up, chin tucked in. Have someone take a photo of you from the side while seated; it may be a wake-up call!

**\*DON'T WORRY IF YOU CAN'T FIX ALL OF THESE "BAD THINGS" RIGHT AWAY. THE IDEA IS TO JUST GET YOUR "BAD THINGS" SCORE DOWN AS MUCH AS POSSIBLE EACH DAY. 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.**