

Vocal Tips From Lisa

1. Stay healthy and eat healthy. Your voice comes out of your body. If your body is wasted your voice will be too. That also means avoid cigarettes, second-hand smoke, alcohol, and caffeine.
2. Breath management and awareness of it is the key to singing. Be conscious of breathing and work on it all of the time.
3. Drink Water! Bring it to lessons, all practice sessions and rehearsals. Avoid dry or excessively cold environments.
4. Avoid yelling or talking over loud noise. Be aware of vocal strain.
5. If you experience vocal fatigue, chronic hoarseness or throat pain, do not sing and avoid talking. Your voice is very delicate. You must be aware of what your body is telling you all of the time if you want to stay in good vocal health.
6. Work out and exercise. A vital healthy body means a vital healthy voice. This includes your mind. Meditating and positive visualization promote balanced energy and help with performance anxiety.
7. Get plenty of rest. Lack of sleep and stress causes vocal fatigue and strain.
8. If someone asks you to sing something that hurts, strains or you feel is beyond your current ability say NO. It's good to stretch your limits, but foolish to tear your voice up.
9. Establish a routine for warming your body and voice up. Work on both vocal technique and tunes when you warm up and practice. Be focused, but leave time to have fun singing too.
10. Listen to yourself. Record (audio and video) performances, rehearsals and lessons. You need to hear what everybody else is hearing so that you can correct mistakes, ask questions and pat yourself on the back for sounding great!
11. Be disciplined but kind to yourself. This is a journey!