Tips for Returning to Work
After a Period of Vocal Rest!

- Speak at a comfortable loudness and pitch. Try not to shout or overuse your voice.
- Drink plenty of water [6-8 glasses a day is recommended].
- Limit caffeine and/or alcoholic beverages.
- Reduce coughing/throat clearing.
- Avoid smoking and second-hand smoke if possible.
- Avoid eating spicy foods, especially if you have reflux.
- Get enough rest at night.
- Take frequent vocal breaks throughout the day.

Additional resources that may be helpful:
- https://voice-academy.uiowa.edu/
- https://www.nidcd.nih.gov/health/taking-care-your-voice
- https://www.gaylebelinslp.com/vocal_hygiene.html
- https://majoringinmusic.com/minimizing-vocal-fatigue/

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