

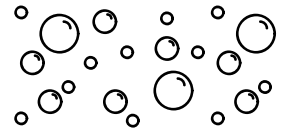
HOW TO LOOK AFTER YOUR VOICE WHEN VIDEO-CONFERENCING

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With special thanks to @LoulabellaOK for her help

1 Warm up your voice by humming or blowing bubbles through a straw whilst making an 'oooh' sound.



2 Minimise background noise where possible.



3 Use a headset to minimise voice strain and overcome the urge to raise your voice.



4 Remember your posture to support efficient voice use. Aim for a straight back, feet flat on the floor or a step, and knees at a right angle.



5 Keep yourself hydrated.



6 Take breaks between calls.



7 Find opportunities to rest your voice through active listening and non-speaking activities.



8 After/between calls, reduce the tension in your face, jaw, and larynx. Yawning stretches are good for this.



9 If problems persist or worsen, contact a speech and language therapist.

