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## guidelines for voice work

- **The voice is deeply personal.** Along with our physical appearance, our voice is one of the primary ways in which we express ourselves to the world. Our voices reflect our upbringing, social influences, and self-perception.
- **Voice work involves releasing tension and engaging the breath.** Most voice problems are caused when some muscles are too tense and others are not working hard enough. Voice training can help you retrain your muscles, relaxing some and engaging others.
- **Voice work takes time.** Be patient with yourself, and do not expect a quick fix. Poor vocal habits may take years to develop, and they will not disappear overnight.
- **Voice work involves replacing habit with choice.** This requires:
  1. Knowledge
  2. Attention
  3. Change
  4. Repetition
- **Voice work requires regular practice.** You will get the most out of vocal training if you practice regularly. It is more effective to practice for 10–20 minutes several times a day than to practice for one hour once a week.