

Six-Step Method for Relaxing Your Voice

1. While standing or sitting comfortably, place your hands lightly on your throat muscles and speak in a normal tone. Note the tenseness of the throat muscles and the tightness of your jaw.
2. Yawn. Open your mouth wide. Finish the yawn with an easy "ho-hum," prolonging the "hum" for several seconds. Drop your jaw as far as it will go without stress. Waggle the jaw from side to side and continue humming with your lips closed and jaw loose.
3. Repeat the yawning and humming. Notice how your throat muscles have loosened and become relaxed. See how comfortable your throat feels with the strain removed.
4. Retaining this feeling of ease and looseness, say the following words: **hang, harm, lane, main, lone, loom**. Open your mouth wide, dropping your jaw loosely. Exaggerate your lip and jaw movements. When your throat feels tired, stop and yawn again.
5. Lightly knead the throat muscles with your fingers to eliminate tightness.
6. Slowly repeat the following sounds: **nah, nay, nee, no, noo**. Drop your jaw and relax your throat. Prolong the sounds, giving each equal length.