



Musical Season Survival Guide

Wash Your Hands

Keep your hands clean by using regular soap and water. When that isn't possible, keep an alcohol based sanitizer on hand. Avoid touching your face to prevent the spread of germs.

Warm-Up and Cool-Down

Athletes wouldn't play in a game without stretching and warming up. Performing in a show is like being a musical athlete! Make sure to properly warm-up your voice each time before you sing. Once you're done, cool down with some humming and lip trills.

Save Your Voice (and Your Time!)

Avoid over-singing, yelling, talking too loudly, and whispering. If you are vocally tired, try mental practice instead of singing. Don't overcommit to events (social and otherwise). If you are involved in too many activities, you cannot give your all to the show. Be sure to build in some "down time" so that you can relax.

Treat Your Body Well

Eat a healthy, balanced diet, and be sure to take your supplements! Monitor the humidity in your environment, especially where you sleep. The ideal range should be between 40 and 50% humidity. Stick to a regular exercise routine, and maybe try adding some yoga or meditation. Take extra care to treat yourself well, and keep your favorite remedies in stock.

Hydrate, hydrate, hydrate!

Keep your water bottle handy. Give your throat an extra treat by drinking herbal teas with honey and lemon. Avoid things that dry out your sinus membranes, such as caffeine, and most allergy and decongestant medications. Steamy showers are also a great way to rehydrate the sinus membranes, as long as you remember to drink water afterwards!

Keep a Positive Attitude!

Positive thinking is one of your most powerful tools. Focus on the positive, and let go of the negative! This goes for all aspects of life, both on-stage and off-stage. **Break a leg!**