

## Stop Losing Your Voice! Try This 1-Minute Trick 🎤

As an actor and voice teacher, I talk a lot and sometimes have to yell or cry during emotional scenes. **Straw phonation** has been a lifesaver—it helps me avoid straining my voice, even after hours of speaking. I also share it with students who get hoarse or tired. If that's you, try this trick—it **really works!** 🎤 ✨

- 1: Grab a straw (regular or smoothie size).
- 2: Take a deep breath through your nose.
- 3: Place the straw between your lips & hum (like "woo" or "mmm").
- 4: Glide your pitch up & down for 10 seconds.
- 5: Repeat 5 times.

### Why It Works:

- Reduces strain & tension.
- Strengthens your voice & breath support.
- Prevents vocal fatigue.

**Try it & feel the difference!** 🎤 ✨