

## Ideas to keep a calm mind and voice

BREATHE slowly, inhale through nose and exhale through mouth, slowly, taking your time. Just by doing a few of these consciously, your body will relax and you'll reset your system to feel more calm and at ease.

You can count to 4 (or more if you prefer) on the inhale and count the same number on the exhale if your brain is thinking too much, to help it distract.

You can inhale and sigh (unapologetically) on the exhale and let go of all the stuff that is making you stressed. You can shake your legs and arms and whole body to release.

Play around with breath and see what works for you. Find whatever makes you destress and maybe even smile/laugh.

### Warming up the voice, throat and activating diaphragm:

- Yawn (really open the mouth)
- Take tongue out and down and in
- Do circles with your mouth around your lips (with mouth closed)
- Doing 'r's (rolling your rrr)
- Pursing lips and breath out allowing the lips to vibrate.
- Inhale slowly, feel your belly expand, and release the air with a short pulsating zz/ hizz sound (you should feel your diaphragm moving on each sound, not your throat)
- inhale, and on the exhale do short 'ha ha ha' (or 'ho', or 'ah', whatever works) – (you should feel your diaphragm moving on each sound, not your throat)

### Strengthening the diaphragm:

- Grab a straw and a piece of paper. Put paper on wall, blow through the straw and try to keep paper stuck to wall (without using hands)
- Blow bubbles in water with straw (and you can produce sounds while making bubbles)

**Humming** - It's good for equalising the brain, it brings relief, relaxation and clarity in your mind.

Start by breathing in slowly and exhaling even slower. After one or 2 of this breaths, start humming on the exhales, slowly, taking your tone to where it's comfortable for you (don't push it, just let the sound come and feel the vibrations in your body)

You can start with a long 'hm'. But once you get comfortable, you can start playing around with different vowels: aaaaaaaaa, eeeeeee (etc.)

Hum - good to release stress and relax

Ah - instant relaxation response (like when you yawn)

Eh - good for stimulating the brain and body

Oh - good for tuning with self (very powerful by many, like ohm for Yogis)

**Singing - playing flute** (or wind instruments) is good for strengthening on diaphragm, the voice and, helps with pulmonary problems.

QiGong – easy movement:

<https://youtube.com/shorts/yyqfCrPDxY8?si=34NcHXQMwq2uBWtO>

15 minute stress reset human garage:

<https://www.youtube.com/watch?v=wzef2nA9anw>

