

KEEPING SOUND

PCT Conference
July 2025

Introductions and intention





KEEPING SOUND

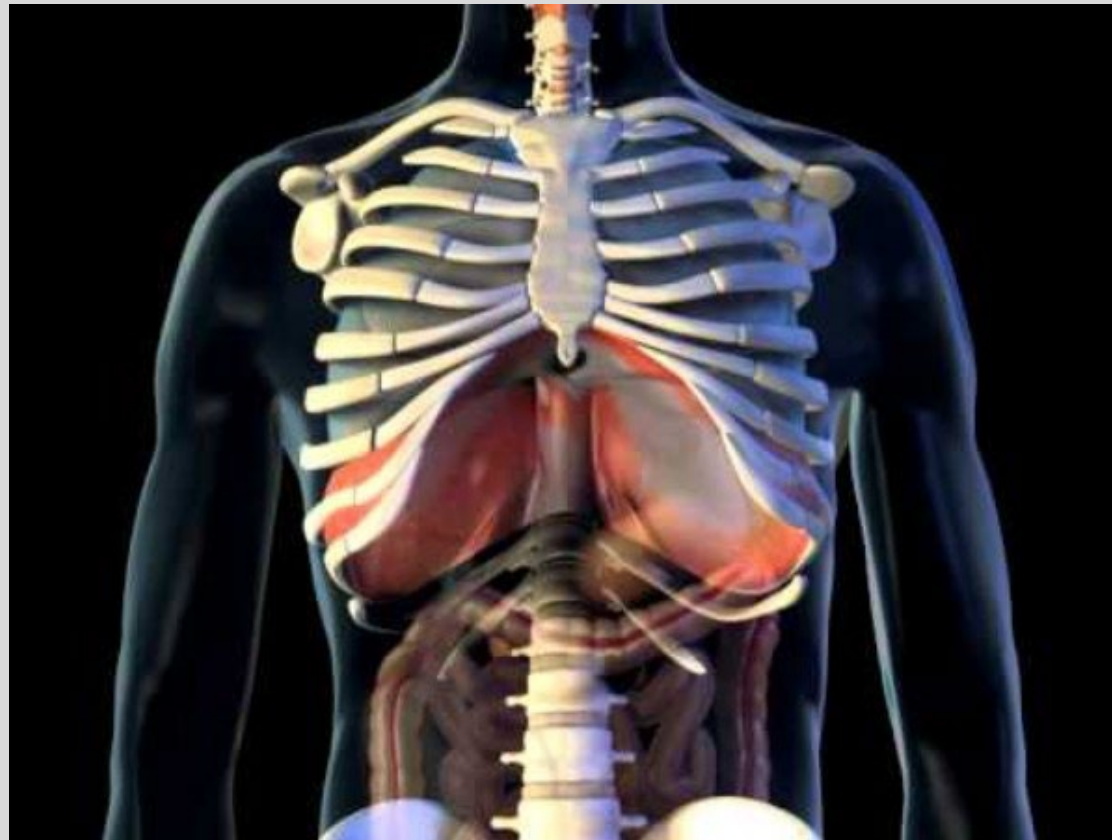
- * Breathing for vocal cords and mental health
 - How we breathe
 - Connection between breath and voice
 - How breathing can help mental health
- * How can sound affect us - How to keep (mentally) 'sound' with/from sound
- * Experiment / Game



THE IMPORTANCE OF BREATH



How does breathing and voice work?





THE IMPORTANCE OF BREATH

'Deeper' breathing:

- 🧠 Can help you look after your voice/vocal cords.
- 🧠 Regulates our heart rate
- 🧠 Helps reduce anxiety, panic attacks, cortisol levels (stress)
- 🧠 Helps with focus, sleep and emotional resilience.



Calm breathing = calm mind = happy days



CARING FOR YOUR VOICE



- Stay hydrated (no too much caffeine, cold drinks, etc.)
- Good posture
- Rest (are you sleeping ok?)
- Learn to project your voice without straining



- Connect with your voice.
How are you feeling?
How is your voice feeling?
- Are your words aligned to your values?
- Breathing and stretching techniques

SOUND AND THE BRAIN/BODY LINK



Sound is vibration. It has the power to affect us literally from the atoms up. Certain sounds, provided in the right context and combinations, can organize our neural activity, stimulate our bodies, and retune our emotions.*

- Brain responds to rhythm, pitch and frequency.
- Sound can stimulate:
 - * Dopamine (music)
 - * Oxytocin (human voice)
 - * Parasympathetic activation (soothing sounds)



SOUND AND THE BRAIN/BODY LINK



- ♪ Beats per minute can affect your brain/mood/focus.
- ♪ The faster the beat, the more active you will likely feel (but it can make you more stressed)
- ♪ Our response will depend on our past experiences – “one man’s meat is another man’s poison”

You can use different types of music and sounds to put you in the right ‘tone’ throughout your day:

- ♪ Spark creativity
- ♪ Empowering sounds
- ♪ Relaxing sounds
- ♪ Silence

Play around to see what works for you!



The background of the slide is a solid teal color. It is decorated with various musical symbols: treble clefs, single eighth notes, and groups of three eighth notes on a staff. Two large, stylized purple tuning forks are positioned on either side of the main title. The title itself is in a dark blue, serif, all-caps font.

EXPERIMENTING SOUND

How does this sound/tune make you feel?

Experiment at home:

Put different songs/soundscapes and see if they make you feel happy; sad; angry; empowered; etc.

- See if you think they can help you focus and concentrate on a task; relax; release; etc.

Would you listen to it in the morning to help you wake up, in the afternoon after a long day at work, or in the evening before going to bed?

TAKE-AWAYS

- “Ψ” Look after your voice.
(check in on how you are breathing, take 5’ to breathe, hum, sigh, sing,...)
- “Ψ” Check on what sounds/noises are around you.
(Are there any noises in your house that could be affecting you and you can stop?)
- “Ψ” Check in on what you are saying.
Mindful speaking supports: Confidence, Connection, Self-awareness (what are you telling yourself and others)
- “Ψ” Breathing techniques.




THANK YOU!

**HELP CREATE NEW VOICES,
NOT MORE NOISE IN THE WORLD**

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Get in touch:

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