

SOUNDBITES by Susan Sheridan

- ❑ How we breathe affects everything we do
- ❑ Speaking is fun!
- ❑ It's your voice. Enjoy it!
- ❑ Abdominal breathing empowers you and your voice. The muscle known as the diaphragm swings into action giving resonance and control to the voice
- ❑ Pace yourself. If you feel you talk too fast, try breathing into your abdomen and allow your voice to gradually slow down. You are in control
- ❑ Nervous at speaking in public? Feel the empowerment of abdominal breathing, and turn fear into pride!
- ❑ The letter H is pronounced 'Aitch'. Don't aspirate it unless you have an Irish accent
- ❑ If you sit for long periods, sit squarely on your chair, the base of your spine as far back as possible
- ❑ Tension in the spine and neck can be relieved by periodically turning your head to the left, and then to the right, always pausing in the middle
- ❑ Give your arms and legs a shake from time to time. Keep your blood circulating!