

HOW TO MANAGE YOUR

VOICE

— OVER THE —

🎄 **CHRISTMAS PERIOD** 🎄



🎵🎄 HOW TO MANAGE YOUR VOICE OVER THE CHRISTMAS PERIOD 🎄🎵

By Marika Rauscher – The Voice of Choice

PAGE 1 – 'TIS THE SEASON... FOR YOUR VOICE TOO

Christmas is magical. It's also loud, late, boozy, emotional, over-scheduled and often involves shouting across tables while Mariah Carey belts her lungs out in the background. If you use your voice professionally – or even passionately – this is **not** the time to abandon all vocal sense.

Think of Christmas like Glastonbury for your voice. Fun? Yes. Sustainable without a plan? Absolutely not.

The Big Festive Truth 🎁

Your voice doesn't get a holiday just because the diary says so. It responds to: • sleep (or lack of it) • hydration (mulled wine is *not* hydration, sorry) • emotional load • temperature changes • how much you talk, shout, sing and 'just push through'

Golden Rule: Christmas joy is better when your voice survives it.



"Same voice. Different chaos."

PAGE 2 – RESTING THE VOICE (WITHOUT FEELING GUILTY)

If you're coming off a busy term, run of shows, concerts, teaching or gigs – **rest is not laziness. It's maintenance.**

What Vocal Rest Actually Looks Like

This isn't monk-level silence. It's **strategic restraint**.

- ✓ Fewer long chats in noisy rooms
- ✓ Shorter phone calls
- ✓ Saying "I'll tell you later" instead of shouting now
- ✓ Choosing listening over leading the conversation
- ✓ Whispering = ✗ (never festive, never helpful)

Family Commitments Without Vocal Burnout

You don't need to be the loudest, funniest, most animated version of yourself 24/7.

Give yourself permission to: • take breaks • sit next to the quiet cousin • step outside for fresh air • go to bed early (rock & roll, I know)



"Guess who's singing on New Year's Eve."

PAGE 3 – CARS, CONVERSATIONS & CHRISTMAS NOISE

Speaking Over Music in the Car 🚗

This one is a **silent voice killer**.

Talking over car noise + music + motorway + excitement = sneaky strain.

Do this instead: • Turn the music down when talking (radical, I know) • Face forward – don't twist and project backwards • Pause conversations rather than pushing volume • Save the big chats for arrival

Cold Air, Warm Drinks, Dry Voices

Winter air dries the vocal folds faster than you can say “another prosecco”.

- ✓ Sip water regularly
- ✓ Warm drinks good – scalding hot drinks bad
- ✓ Scarves are stylish *and* functional
- ✓ Steam inhalation = festive self-care



“Choose your fighter.”

PAGE 4 – SINGING THROUGH CHRISTMAS & INTO THE NEW YEAR ✨

Because let's be honest – **you're going to sing.**

Quick Festive Warm-Up (5–7 minutes)

Perfect before: • carol singing • Midnight Mass • pub sessions on Christmas Eve • singing and dancing your way into January

1. Gentle Breath Reset

Inhale through the nose, long slow exhale on a sigh. Repeat x5.

2. Hum First, Hero Later

Soft hums, lip trills, NG sounds. Let the voice wake up without drama.

3. Light Scales – Not Power Ballads

Keep it easy, mid-range, speech-based.

4. Belt After You're Warm

Belting cold is like sprinting without stretching. Festive injuries are still injuries.

Midnight Mass & Angelic Choruses

Blend. Float. Ride the breath. This is not the moment to prove anything.

New Year's Eve Energy

If you want stamina: • pace yourself earlier in the day

- hydrate between drinks
- warm up *again*
- stop singing when the voice says “enough”



“Preparation is sexy.”

FINAL WORD FROM ME 🌟

Your voice carries your joy, your stories, your music and your presence.

Protect it. Respect it. Enjoy Christmas **with** it – not at its expense.

Here's to a festive season that ends with your voice still very much intact.



Merry Christmas & a Healthy, Happy, Well-Supported New Year.

Marika xx

HOW CAN I HELP?

- Singing Lessons / Vocal Coaching (1:1 / Group Workshops / Masterclasses)
- Musical Director / Choir Leader (Running Groups / Team Building Days)
- Presentation and Communication Skills (1:1 / Group Workshops / Lecturing)
- Motivational Speaking / Public Speaking
- Performing / Corporate & Private Events
- Session Singing / Voice Overs

Email me on: info@marikarauscher.co.uk for all enquiries. Always happy to chat!
