

Practical Steps and Vocal Exercises to Overcome Mental Hurdles When Singing



Singing for the Self-Conscious: Practical steps and vocal exercises to help overcome mental hurdles when singing and performing. by Becky Gilhespie

★★★★☆ 4.2 out of 5

Language : English

File size : 4464 KB

Screen Reader : Supported

Print length : 137 pages



Singing is a beautiful and rewarding art form, but it can also be challenging, especially when you face mental hurdles. These hurdles can come in many forms, from stage fright and performance anxiety to self-doubt and negative self-talk. If you're struggling to overcome these mental hurdles, you're not alone. In fact, many singers experience these same challenges at some point in their careers.

The good news is that there are practical steps and vocal exercises you can do to overcome mental hurdles and improve your singing. In this article, we'll provide you with a comprehensive guide to help you get started.

What are Mental Hurdles?

Mental hurdles are any thoughts or beliefs that hold you back from singing to your full potential. These hurdles can be anything from fear of failure or

rejection to perfectionism or self-criticism. Mental hurdles can be a major obstacle to your singing, but they can also be an opportunity for growth.

By understanding your mental hurdles and developing strategies to overcome them, you can become a more confident and resilient singer. You'll be able to perform to your full potential, even in challenging situations.

Practical Steps to Overcome Mental Hurdles

1. **Identify your mental hurdles.** The first step to overcoming mental hurdles is to identify what they are. What thoughts or beliefs are holding you back? Once you know what you're dealing with, you can start to develop strategies to overcome them.
2. **Challenge your negative thoughts.** When you're faced with a negative thought, don't let it get the best of you. Challenge it! Ask yourself if there's any evidence to support the thought. Is it really true that you're not good enough? Or are you just being too hard on yourself?
3. **Focus on the positive.** Instead of dwelling on your negative thoughts, focus on the positive. Think about all the things you're good at. Remember all the times you've sung well. And visualize yourself performing to your full potential.
4. **Set realistic goals.** If you set unrealistic goals for yourself, you're setting yourself up for failure. Instead, set realistic goals that you can achieve. This will help you build confidence and momentum.
5. **Practice regularly.** The best way to overcome mental hurdles is to practice regularly. The more you sing, the more confident you'll

become. And the more confident you are, the less likely you are to be affected by mental hurdles.

6. **Perform in front of others.** One of the best ways to overcome performance anxiety is to perform in front of others. This will help you get used to the feeling of being on stage and performing. And the more you perform, the more confident you'll become.
7. **Seek professional help.** If you're struggling to overcome mental hurdles on your own, don't be afraid to seek professional help. A therapist can help you identify your mental hurdles, develop strategies to overcome them, and build your confidence.

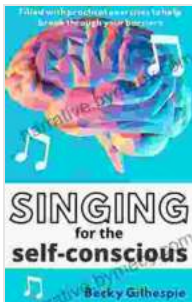
Vocal Exercises to Overcome Mental Hurdles

1. **The Humming Exercise.** This exercise is great for relaxing your vocal cords and reducing stress. To do this exercise, simply hum for 10-15 minutes each day. You can hum any pitch or melody that you like.
2. **The Lip Trill Exercise.** This exercise is great for improving your vocal control and coordination. To do this exercise, simply trill your lips for 10-15 minutes each day. You can trill at any pitch or speed that you like.
3. **The Tongue Trill Exercise.** This exercise is great for improving your vocal flexibility and range. To do this exercise, simply trill your tongue for 10-15 minutes each day. You can trill at any pitch or speed that you like.
4. **The Staccato Exercise.** This exercise is great for improving your vocal power and projection. To do this exercise, simply sing a series of staccato notes on a single pitch. You can sing at any pitch or volume that you like.

5. **The Legato Exercise.** This exercise is great for improving your vocal smoothness and sustain. To do this exercise, simply sing a series of legato notes on a single pitch. You can sing at any pitch or volume that you like.

Overcoming mental hurdles is a challenge, but it's not impossible. With the right strategies and support, you can overcome any mental hurdle and achieve your singing goals. Remember, you're not alone. Many singers have faced and overcome mental hurdles. And with the right mindset and dedication, you can too.

So don't give up on your dreams. Believe in yourself and your ability to sing. And with practice and perseverance, you'll be able to overcome any mental hurdle and achieve your full potential as a singer.



Singing for the Self-Conscious: Practical steps and vocal exercises to help overcome mental hurdles when singing and performing. by Becky Gilhespie

★★★★☆ 4.2 out of 5

Language : English

File size : 4464 KB

Screen Reader : Supported

Print length : 137 pages





Why Didn't Anyone Say Anything? Uncovering the Hidden Truths About Sexual Assault on College Campuses

By [Author's Name] In the wake of the #MeToo movement, sexual assault has become a topic of national conversation. But while much attention has...



Arthurian Legendarians: Faithless One - Part One – A Journey into the Heart of a Legend

In the realm of legendary tales, the Arthurian legend has captivated hearts and minds for centuries. It is a tapestry interwoven with chivalry, romance, and the eternal...