



In response to anxiety or despair, your vagus nerve changes both your nervous system and your voice. Speaking well requires freedom and balance in the muscles around the larynx and jaw and a flexible free posture for the breath.

The below exercises can help you to reflect on your own voice and posture.

Bring to mind a recent time when you felt anxious. What do you notice about the posture your body takes on?

How does the pitch and tone of your voice change when you are experiencing this emotion? Does the voice speed up or slow down?

When we feel anxious our head can sometimes move downwards, collapsing the spine. This makes it difficult for us to express ourselves with confidence and control.

Notice what happens when you change your posture into a taller position, focusing on creating length in the back of the neck, perhaps tucking your chin. How does your breath and voice change? Do your emotions change?