# 440: Singing Is a Biohack

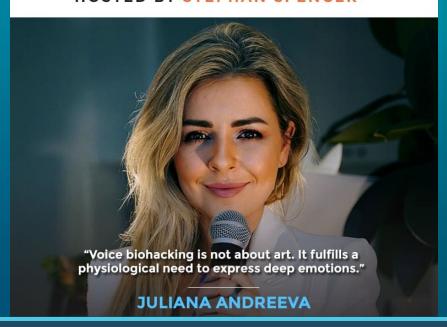
### **10 Point Checklist**

## Juliana Andreeva

Want to gain as much knowledge as possible out of Get Yourself Optimized? Read on below for a 10 point checklist that gives the next, real steps you can take for introducing these insights and optimizing your life.



#### HOSTED BY STEPHAN SPENCER



#### 10 STEPS YOU CAN TAKE TODAY

Want to take charge of your health, wellness, and success? Here are 10 steps that can move you closer to your goals – today.

Promote my mind-body connection through singing, especially to improve thyroid function and hormone regulation.
Release my jaw and throat tension while singing. This helps to switch my body from a stressed "fight or flight" mode to a relaxed "rest and digest" mode.
Advocate for incorporating music in early childhood education. Music aids in emotional expression, and meets physiological and emotional needs during critical developmental stages.
Use my voice as a powerful tool for expressing my emotions. The modulation of brain waves through music contributes to my relaxation.
Incorporate voice exercises into my daily routines. This promotes consistent stimulation of the parasympathetic nervous system.
Integrate a fun, game-like approach to musical education. Playful learning experiences, even in singing, can positively impact my sleep patterns.
Explore various music genres, including classical, to stimulate my brain. Diversify music choices to challenge, but not overwhelm, the brain. My musical choices can foster gradual skill development.
Practice mindful breathing exercises before bedtime. Open my throat and relax my jaw during mindful breathing exercises.
Break down my challenges into small, manageable tasks. Small, achievable vocal tasks lead to meeting large vocal goals.
Visit Juliana Andreeva's website, <u>voicebiohacking.com</u> , to explore her journey, methodology, and the transformative impact of her voice biohacking approach.

To view the transcript, resource links and listen to the podcast, visit:

https://www.getyourselfoptimized.com/singing-is-a-biohack-with-juliana-andreeva/