

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.

Get **YOURSELF OPTIMIZED**

HOSTED BY **STEPHAN SPENCER**



"Voice biohacking is not about art. It fulfills a physiological need to express deep emotions."

JULIANA ANDREEVA

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, [voicebiohacking.com](https://www.voicebiohacking.com), 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/>