

Sara Scott McDowell



Fall

*Mini* Survival Kit for  
Worship Leaders

10 Essentials for a Changing Season

*PLUS*

The 5 Minute Vocal Warmup for Worship Leaders

[www.sarascottmcdowell.com](http://www.sarascottmcdowell.com)

# Yay, fall!

Fall can be full of fun, festivities, and a fresh perspective 🍁

And if you're a Worship Leader or Worship Singer, fall might also be full of allergies, vocal fatigue, or chaos surrounding your ministry and Christmas prep 😊

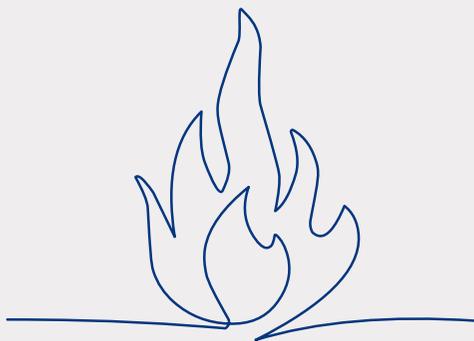
Let the devil know, *"Not this year!"* 💪

In this **Fall *Mini* Survival Kit** for Worship Leaders, you'll discover 10 vocal + soul care tips to support your voice, soul, and team throughout this season.

Plus, there's my **5 Minute Vocal Warmup for Worship Leaders** to help get your voice going on those early fall mornings.

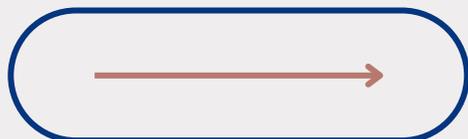
You've got this!

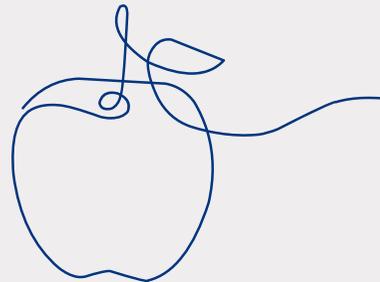




# 1. Skip the Bonfire Before You Sing

What?! I know, I know. A quintessential fall event. But - the smoke can cause dehydration, inflammation, and a sore throat. Enjoy from a good distance or just avoid them before you have to lead worship.



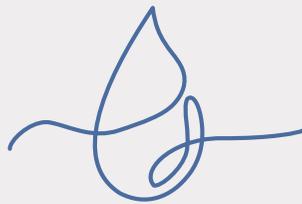


## 2. Eat Those Apples

They're hydrating and helpful with keeping your throat moisturized. Also, the pectin in apples can help with reducing weird mouth sounds (take note if you're headed into the studio any time soon), and the chewing motion can act like a warmup for your mouth, jaw, and tongue.

Some other fall foods with voice benefits: pumpkin, squash, sweet potatoes, greens, broccoli, and pears.





## 3. Hydrate Smart from the Inside Out

Worship vocalists need a lot of water - think approx. 80 oz per day. This is even more important as temps drop and the air in our homes and worship spaces gets drier.

If you know you just can't drink that much plain water, try herbal tea (non-diuretic), coconut water (look out for added sugar!), or 100% fruit juice (apple is a great one). You can also try out flavored waters or adding electrolyte powder to your plain water.

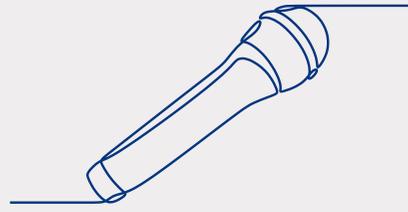




# 4. Beware of Loud Spaces and Events

From Fall Festivals to Halloween parties to family gatherings, fall is full of so many wonderful get togethers and events! Just be smart in how you use your voice in a noisy setting. Try not to raise your voice or shout as this can lead to vocal fatigue, strain, and even injury.





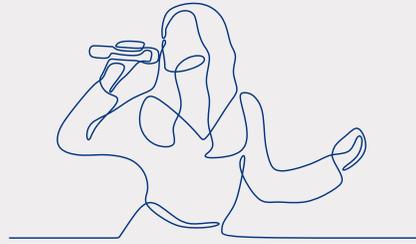
# 5. Use a Fall Vocal Warmup Routine

My 5 Minute and 10 Minute Vocal Warmups for Worship Leaders are great warmups (and cooldowns) to use year round. They'll help your voice gradually warmup and go from sleeping or talking to singing.

👉 For the fall, it's beneficial to use these warmups with a large diameter straw (aka straw exercises).

And if you find yourself having to sing sick, with allergies, if you're dealing with vocal fatigue, or if you're coming back to singing after a short or long break, definitely go with the straw for your warmups and cooldowns due to the therapeutic and gentle strengthening effects of it.



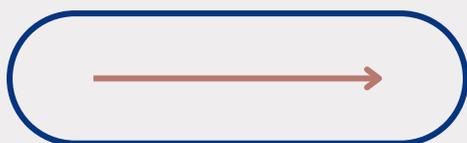


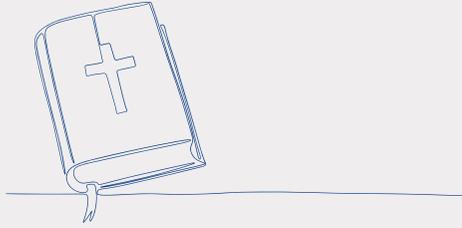
# 6. Sing Within Your Healthy Vocal Range

You have two types of vocal ranges: 1) your complete vocal range, which is any and all notes that you can sing, whether they feel good or feel awful, and 2) what I call your “healthy vocal range” (different people call it different things), which is the series of notes that you can sing with good technique, no squeezing or forcing from your throat, no vocal strain, etc.

Identify your healthy range, and try to stay as close to that as possible while you build your vocal strength, stamina, agility, and power

One way to do this: start on middle C. Work your way up into the higher part of your range until things start to feel uncomfortable. Then do the same thing working into the lower part of your range.





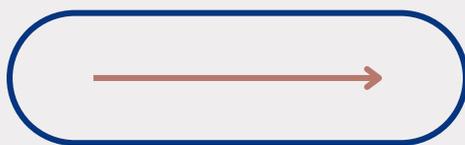
# 7. Be in The Word

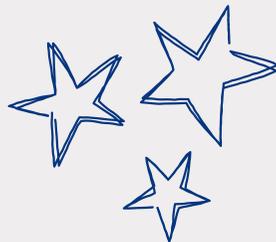
Not passively. **Actively.**

One approach if this season is busy, challenging, or exhausting:

- Pray about and pick one verse that will be your “fall verse”
- Interact and pray through this verse in some way, shape, or form each day. Write it out. Hear it read to you via a Bible app. Put it on a sticky note and put it on your bathroom mirror. Make a phone wallpaper using this verse.
- Ask God to teach you through this verse.
- Remember this verse throughout the day.

God does not expect us to hit some kind of “scripture reading quota”. He wants you to be in His Word, learn from Him, get to know more about Him through His Word. One verse can help you with all of that.





# 8. Take Advantage of Shorter Days

As the days get shorter, you can use it to your advantage:

- **Get enough sleep.** 7-9 hours is ideal. Sleep can have a huge effect on how we and our voices feel, sound, and recover
- **Get enough rest.** Give yourself permission to be “off” and rest. Light a candle. Wrap up in a cozy blanket (throw it in the dryer first for some extra warmth!). Watch a favorite movie. Eat a comforting meal. Reflect on the change of this season and the gifts the Lord brings with it.





# 9. Share Leadership Opportunities

Empower other vocalists and leaders on your team to lead.

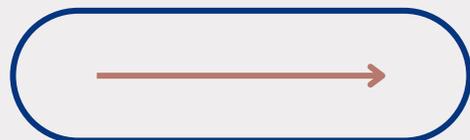
Onstage:

- Songs
- Prayers
- Responsive Readings

Offstage:

- Warmups
- Rehearsals
- Team Devos

This reduces vocal load, but also becomes a wonderful opportunity for you to lessen the weight of responsibility on your shoulders. Your team feels ownership and may even gain development in the process.





# 10. Celebrate Your Team

Fall is the perfect season for a team event!

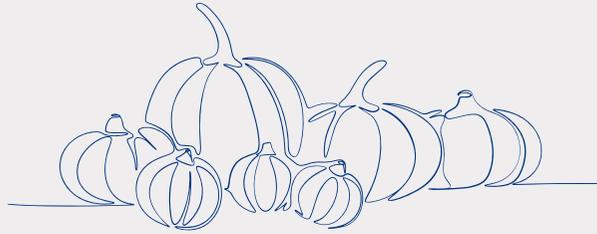
Simple - warm apple cider and donuts before mid-week rehearsal

Outing - do an escape room or corn maze together

Go Big - a full on dinner event

Personalize the event by writing each team member a card, or giving a small gift that symbolizes their unique personality and way they serve the team and the church.





# Through it All, Enjoy this Fall Season!

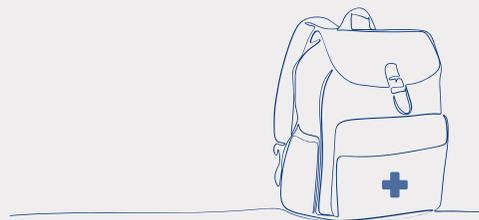
Yes, you're a Worship Leader and Worship Singer.

But you're also a whole person, with friends, family, possibly little ones or a spouse. You need rest, nutritious food, laughter, joy, enjoyment, and fun!

What things do you like to do in the fall? Make sure you make time to enjoy those things!

Have you always wanted to visit a pumpkin patch, apple orchard, or corn maze? Wanted to check out a fall festival or jump in a pile of leaves? Do it friend! Enjoy this season and all of the gifts and blessings the Lord has provided through it.





Get the *full*  
**Fall Survival Kit**  
**for Worship Leaders**  
featuring **21** Vocal + Soul Care Essentials!

Available exclusively in The Worship Vocal L.A.B., a membership and designated space for Worship Leaders and Worship Singers.

Click [HERE](#) to find out more!

\*Plus when you join the L.A.B. you'll get access to extra fun like **Fall BINGO, prizes, and Group Coaching Calls.**

See you there!



www.sarascottmcdowell.com

# Hi, I'm Sara.



## Vocal Coach & Worship Leader Coach and Founder of The Worship Vocal L.A.B.

*I've been in Worship Ministry for over 20 years - starting as a 16 year old not realizing what the Lord was calling me to, and still going as a 30-something wife and mama...who still doesn't always know what God is up to! I've fully recovered from a vocal cord injury, navigated all kinds of church, team, and ministry seasons, and love supporting other Women of Worship as they're working to serve the Lord with their gifts and callings.*

I'm so glad our paths crossed!

Email me [sara@sarascottmcdowell.com](mailto:sara@sarascottmcdowell.com) with any questions.

Interested in 1:1 vocal coaching? Click [HERE!](#)