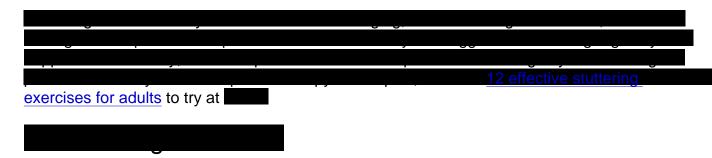
12 Eliculve Stuttering Exclusesion Addits at Homeda



One of the most effective ways to reduce stuttering by practicing controlled breathing. Stuttering isoften connected to tension in the body, especially inthe chest and throat. Simple breathing exercises likeslow inhaling and exhaling can help relax yourmuscles and improve speech flow.

2. Pausing and Phrasing

Instead of rushing through your words, try pausing atnatural breaks in your sentences. This gives yourbrain time to process the words, reducing thechance of stuttering. Practice speaking in phrasesrather than long sentences, which can also helpcontrol your speech pattern.

3. Slow Reading

Pick up a book or article and read it out loud slowly. Focus on pronouncing each word clearly withoutrushing. This exercise helps you practice clearspeech and builds confidence in speaking.

4. Mirror Practice

Stand in front of a mirror and speak. Watch howyour mouth moves and listen to your speech. Practicing in front of a mirror helps you becomemore aware of how you speak and can help you identify patterns where you stutter the most.

5. Chanting

Chanting words or sentences in a rhythm can make speaking easier for people who stutter. You can start with short, simple phrases and gradually build up. Rhythmic speech helps you focuson the flow of your words rather than worrying about stuttering.

6. Word Substitution

If you often get stuck on certain words, try substituting them with synonyms. Practice replacing tricky words with easier ones when speaking, which can help keep the conversation flowing without interruptions caused by stuttering.



7. Voluntary Stuttering

This technique involves intentionally stuttering on purpose. It sounds strange, but by voluntarily stuttering in a controlled way, you can reduce the anxiety around it. Over time, this can help you feel more comfortable speaking, even if you occasionally stutter.

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