



Mindful Music: A Mindful Path to Peak Performance



Hello!

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What is Mindfulness?

“

Mindfulness is paying attention in a particular way: on purpose, in the present moment, and nonjudgmentally” (Kabat-Zinn 1994).

Components of Mindfulness

- Observation
- Concentration
- Clarity
- Equanimity
- Friendliness
- Enjoyment





What about music?

Practicing: Mental Skills

- Direction of attention
- Refocusing
- Positive self-talk
- Mental Practice
- Imagery
- Effective self-coaching
- Organization
- Goal-setting
- Commitment
- Motivation
- Healthy lifestyle

Where does mindfulness come in?

Mindfulness and Mental Skills

Observation

- Everything!

Concentration

- Direction of attention
- Refocusing
- Mental practice

Clarity

- Imagery
- Organization
- Goal-setting

Equanimity

- Motivation
- Refocusing
- Commitment

Friendliness

- Positive self-talk
- Self-coaching

Enjoyment

- Commitment
- Motivation

Mindfulness and Performance

Flow State

Performance Anxiety

- Lower performance anxiety
 - (Rothlin et al. 2016)
- Reappraisal of performance anxiety
 - (Lin et al. 2008)

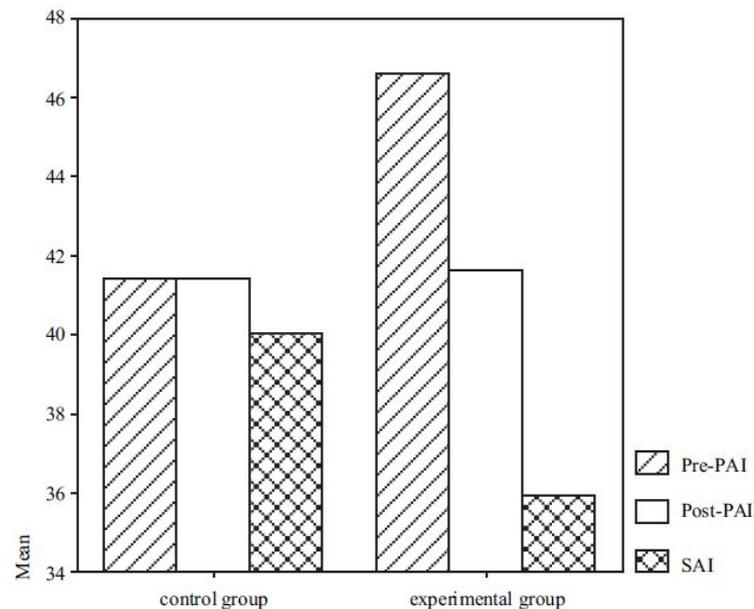


Figure 1: Mean anxiety scores for control and meditation groups in Lin et al.'s study on meditation, anxiety, and music performance quality (2008). SAI is the State Anxiety Inventory, and the PAI is the Performance Anxiety Inventory.



Musicians' Health

71.1%

Of musicians report experiences of anxiety and panic attacks

68.5%

Of musicians report experiences of depression

25%

Of professional musicians have debilitating MPA

Psychological Effects of Mindfulness

- Anxiety (Miller et. al., 1995; Vollestad et. al. 2011)
- Depression (Desrosiers et. al. 2013)
- Perceived Stress (Baer et. al., 2012)
- Sleep Quality (Crain et. al., 2016)
- Pain (Reiner et. al., 2013)
- Negative/Positive Affect (Howells et. al., 2016)
- Perfectionism (Hinterman et. al., 2012)



ACTIVITY



Developing a Practice

“I don't have enough time”

- Schedule time
- One minute counts
- Daily-ish
- Observe the rewards
- Allow yourself to fail
- Create a community
- Free-range practice
- Try enjoying the process

“I can’t do it”

- Takes practice
- Start small
- Count the breaths
- Use imagery
- Touch Points
- How curious can you be?
- Guided meditations

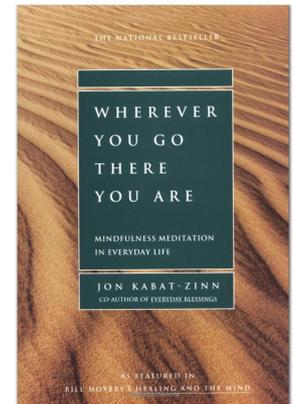
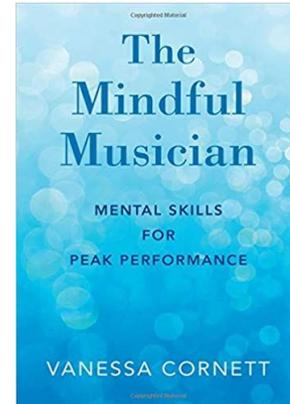
Other practices

- Yoga
- Mindful Repetition
- Mindful Listening
- Beginner's Mind



Resources

- Headspace, Insight Timer, Calm
- *Wherever You Go, There You Are* by Jon Kabat-Zinn
- *The Mindful Musician* by Vanessa Cornett
- Lynn Marie Curry
- *Meditation for Fidgety Skeptics* by Dan Harris (10% Happier App)
- franticworld.com





Thanks!

Any questions?

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