

Overcoming
ANXIETY
IN MUSIC PERFORMANCE

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tension
dwell
fear
hassle
stress
distress
pressure

pain
fret
fuss

strain
nervousness
struggle
trouble

PANIC
difficulty
worry
urgency
anxiety

beat
go
pull


australian
society
for music
education
incorporated

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Statistics

14% Mental health condition
6.9% anxiety
18% severe
27% moderate

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Weakness
Disrespect
Inability
Deficiency
Disconnection
Inadequacy
Injury
Exclusion
Abandonment
Impotence



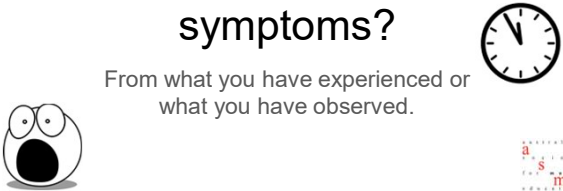
Threat - Danger - Fear - Stress = Anxiety

1. Psychological/ Cognition
2. Physiological/Somatic
3. Behavioural

Music Performance Anxiety
multi-dimensional and
multi-causal

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What are some examples of performance anxiety symptoms?



From what you have experienced or what you have observed.


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Performance anxiety can happen to anyone



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The Band.



Chorus:
See the man with the stage fright, just standing up there to give it all his might....


Verses:
Never show the fear that's in your eyes
Your brow is sweating and your mouth gets dry,
The moment of truth is right at hand, just one more nightmare you can stand.

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The brain is an anticipation machine.

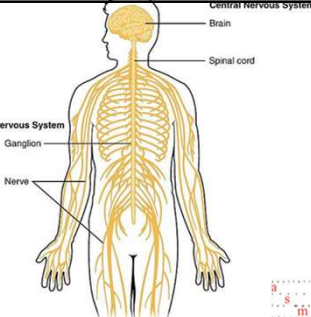
Gilbert, D. (2009). *Stumbling on happiness*. Vintage Canada.



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The Nervous System

CNS and PNS.
Reponds and acts.
Signals to the body.
Endocrine system (chemical and hormones released).
Further reading: One point of view = Polyvagal theory

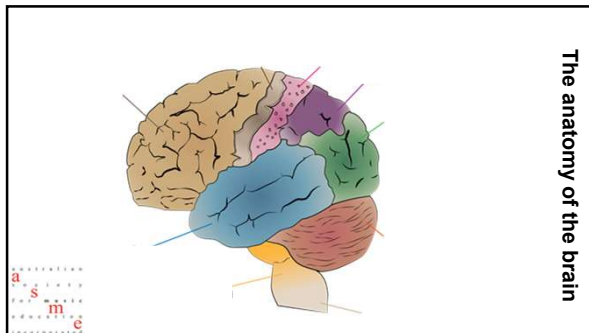


Central Nervous System
Brain
Spinal cord

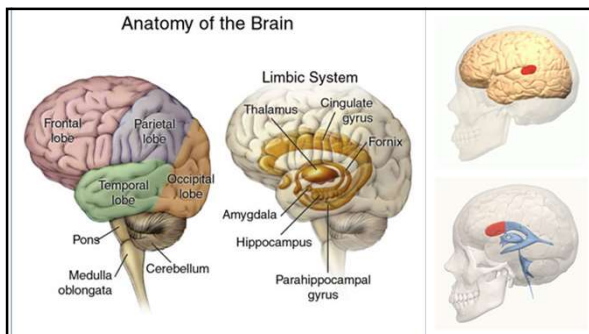
Peripheral Nervous System
Ganglion
Nerve



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Music Performance

- Multisensory/multimodal integration
- Neurophysiological
- Complex process using all parts of the brain
- Visual, motor and auditory processing systems
- Executive and affective systems

Music connects the dots

Auditory, Visual, Motor Skills

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Neuroplasticity
Let's re-wire the brain

Behavior
Practice → Practice

Cortex
Practice → Practice

Neuron
Practice → Practice

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Mastery and Neuroplasticity
Pathways to complete a task

Neurons to complete a task

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Strategies for overcoming performance anxiety
So if the brain does X when we fear a situation, we need to...

One size doesn't fit all

Therapies

- CBT
- Exposure
- Mindfulness
- Biofeedback
- Mastery

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Your health matters

- Sleep
- Caffeine
- Hydration
- Energy / sugar
- Complex carbs

How can you foster a better sense of health in your classes?





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For Educators

Considerations:

- Pressure
- Organisation
- Normalising
- Routine
- Space
- Instrument
- Audience



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Further resources


Uploaded free teacher resources:

<http://music.tabor.edu.au> > Teacher Resources

- Neuromusical posters
- Music Advocacy
- References
- Upcoming short courses
- Today's handouts

Nothing diminishes anxiety faster than action.

- Walter Anderson



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