

Mindfulness for Singers

Log Book and Overview

The Mindfulness for Singers course is an 8-week mindfulness course tailored to singers, singing teachers and coaches, and voice rehabilitation specialists. Each online weekly session can be completed at a time to suit you and should take about 1 hour to complete (2-3 videos and Log Book tasks each week). Week 7 is a 1-hour live online group session and Week 1 is a Meet and Greet online induction session.

You will also need to commit to at least 10 minutes daily practice during each week and complete a daily journal in this Log Book. Practice MP3 files are located at www.mindfulnessforsingers.co.uk in online and .zip file format.

This practical and educational course will guide you to learn mindfulness for yourself as well as suggest ways in which you can use mindfulness in your daily work. The course has been studied in two research projects and details about this research and published reports are available at www.mindfulnessforsingers.co.uk.

This enrolment for the course contains requests for your permission to collect and process your data for the duration of the course and it asks you to consider your mental health situation before taking the course. Finally, please complete two mindfulness questionnaires. You'll be asked to complete them again in the last session and, if you would like, I will send you your results.

The whole enrolment should take no longer than 15 minutes to complete.

[Click here to enrol](#)

8-week mindfulness course session:

Week 1 – Meet and Greet Induction live online group session (1hr date tbc)

Present awareness (videos 1-3)

Week 2 – Body and mind (videos 4-6)

Week 3 – Suffering (videos 7 and 8)

Week 4 – Perception (videos 9 and 10)

Week 5 – Widening awareness (videos 11 and 12)

Week 6 – Exploring difficulties (videos 13-15)

Week 7 – Mindful performance week: Live online group session (1hr date tbc)

Week 8 – Summary (videos 16-18)

Text key:

Session/practice titles

Mindfulness exercises

Information sections

Requests for your experiences and response.

MfS1: Present moment

Definition of mindfulness

What's your definition of mindfulness?

Being on autopilot

What do you do on autopilot?

What have you noticed that other singers/instrumentalists/students/clients do on autopilot?

Benefits and negatives of being on autopilot in different situation:

Breath awareness

Where did you feel the most obvious sensation of breath?

Where did you feel the second most obvious sensations of your breath?

Breathing journey

What was your experience of doing the breathing journey? (Think about mental or physical aspects)

MfS1: Present moment (continued)

3-minute breathing space

Acknowledging, Gathering (breathing), Expanding

What was your experience of the 3-minute breathing space?

Habits

What habit are you going to become aware and explore this coming week?

Mindful movement

Write down your experience of the mindful movement exercise? (Consider comparing this with your experience of the breathing exercises).

Practices for this week:

1. (Formal) Do the [Mindful Movement](#) exercise once each day.
2. (Informal) Become aware of a habit each day and explore it fully in the moment.

Mindfulness for Singers Weekly Journal

Your weekly mindfulness practice log....

*Write down your daily reflections and findings please.
As much as you like, just a sentence each day will do 😊*

Week 1

		Mins
Day 1 Date:		
Day 2 Date:		
Day 3 Date:		
Day 4 Date:		
Day 5 Date:		
Day 6 Date:		

Thank you.

MfS 2: Body and mind

3-minute breathing space

Musicians' lives

Stress

What sort of things can get you stressed?

How does this manifest in your body?

Brain evolution and link to body

Body Scan

Write down your experience of doing the Body Scan.

Expectation and reality

Mindful breathing

What were your experiences of doing this mindful breathing exercise?

Being and doing mode

Practices for this week:

1. (Formal) Do the Body Scan once a day –
[Introduction to Body Scan](#).
[Body Scan](#)
2. (Informal) Choose a different habit to be aware of each day.
3. (Informal) Alternate singing or playing in the doing and being modes.

Mindfulness for Singers Weekly Journal

*Write down your daily reflections and findings please.
As much as you like, just a sentence each day will do 😊*

Week 2

		Mins
Day 1 Date:		
Day 2 Date:		
Day 3 Date:		
Day 4 Date:		
Day 5 Date:		
Day 6 Date:		

Thank you.

MfS 3: Suffering

3-minute breathing space

Necessary and unnecessary muscles

Mindful yoga

Write down your experience of doing the mindful yoga exercises.

Music Performance Anxiety

Knowledge
Prevalence
Symptoms
Strategies

What are your anxiety symptoms?

Do you have any strategies that you already use that you find helpful?

Primary and secondary suffering

Acceptance
Mindfulness exercises

Mindful breathing journey

Mindful breathing counting

What was your experience doing this mindful breathing exercises this time? Which did you prefer?

Pleasant, unpleasant and neutral exercise

Practices for this week:

1. (Formal) [Mindful Breathing Counting](#) and/or [Mindful Breathing Journey](#) once a day.
2. (Informal) Drop into your experiences throughout the week and categorise them as pleasant, unpleasant or neutral.

Prep for next week: Something for a mindful eating exercise that you can hold in your hand, e.g. a raisin, or some chocolate, or cheese.

Mindfulness for Singers Weekly Journal

*Write down your daily reflections and findings please.
As much as you like, just a sentence each day will do 😊*

Week 3

		Mins
Day 1 Date:		
Day 2 Date:		
Day 3 Date:		
Day 4 Date:		
Day 5 Date:		
Day 6 Date:		

Thank you.

MfS4 – Perceptions

Preparation: Make sure you have something you can use for a mindful eating exercise like a raisin or some sort of finger food.

3-minute breathing space

Perception

Extra: Optical illusions videos.

<https://www.youtube.com/watch?v=ORoTCBrCKIQ&t=30s>

<https://www.youtube.com/watch?v=vJG698U2Mvo>

Mindful eating

What was your sensory experience from the mindful eating exercise?

What was your emotional and/or mental experience of mindful eating?

Criticism

Mindful Listening

Write down your experience of listening to sounds mindfully.

Practices for this week:

1. (Formal) [Mindful Listening](#) practice
2. (Informal) Listen to a family/friends as mindfully as possible
3. (Informal) Listen to some music mindfully (maybe even music you don't like)
4. (Informal) Eat some of one meal a day mindfully.

Mindfulness for Singers Weekly Journal

Write down your daily reflections and findings please.
As much as you like, just a sentence each day will do 😊

Week 4

		Mins
Day 1 Date:		
Day 2 Date:		
Day 3 Date:		
Day 4 Date:		
Day 5 Date:		
Day 6 Date:		

Thank you.

MfS 5 – Widening awareness

3-minute breathing space

Mindful walking

What is your experience walking very slowly?

Changing direction – what's that like?

What is walking normally like for you? Are you more aware in some way?

How was “performance walking” different or the same to normal walking?

Make a video of your normal walking and stage walking.

Consider the footwear you might use for these different activities and the different states of mind you were in when walking unwatched and then being videod.

What was your experience of this task?

MfS 5 – Widening awareness (continued)

Mindful walking outside

Changing focus from narrow to wider awareness.

Focus on: Physical sensations of walking (legs, arms, muscles, head movement etc)
 What can you see? Anything new?
 What is your aural experience?
 Are there any smells/aromas?
 What is your mind wanting to think about – draw your attention to?
 Can you easily stay in the present moment? If not, why not?
 Be curious!

What was your experience of your outdoor walking exercise?

Sounds and thoughts exercise

Take a few moments to write down your experience from the sounds and thoughts exercise.

Practices for this week:

1. (Formal) [Sounds and Thoughts](#)
2. (Informal) Mindful walking

Mindfulness for Singers

Week 5

Mindful Walking Instructions

Walk for about 10 minutes in familiar surroundings and be as aware as you can be of where you are, even if they're not traditionally considered very beautiful!

Important: Turn off any entertainment that you may usually have if walk.

Important: Do this on a solo journey (it's hard to stay in the present when chatting to friends).

Change your focus of attention regularly but stay in the present. Maybe go from close attention of something to a wide awareness and back for fun.

You could be aware of:

Yourself – all the many ways walking affects your body, arms swinging, tension in the neck, breathing pattern, temperature in different parts of the body. Things you touch (stair rails etc). Observe your thoughts, feelings and emotions (but don't get tied up in them!)

The environment – smells, sights, sounds, changing perspectives as you walk, feeling of the weather, architecture, cloud shapes.

Other people – Observe how they walk or dress, how aware they seem, how they interact with others or their environment.

Have some fun – Maybe walk behind someone and copy their posture and walk for a few steps. Change how you walk slightly. Take a new route somewhere.

Mindfulness for Singers Weekly Journal

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Week 5

		Mins
Day 1 Date:		
Day 2 Date:		
Day 3 Date:		
Day 4 Date:		
Day 5 Date:		
Day 6 Date:		

Thank you.

MfS 6 – Exploring difficulties

3-minute breathing space

Pillars of mindfulness

<https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>

<https://nationalcounsellingsociety.org/>

<https://www.bapam.org.uk/>

Orientation and mindful choices

Personal loving kindness preparation

Exploring difficulties

What was your experience of this exercise?

Full loving kindness exercise

What was doing this exercise like for you? Was it easy or hard?

Using mindfulness in your work

Preparation for performance week

Practices for this week:

1. (Formal) [Exploring difficulties](#) and/or [Loving Kindness](#) exercises
2. (Informal) Mindfully prepare a 2 to 3-minute unaccompanied song or piece for next week

Mindfulness for Singers Weekly Journal

Write down your daily reflections and findings please.
As much as you like, just a sentence each day will do 😊

Week 6

		Mins
Day 1 Date:		
Day 2 Date:		
Day 3 Date:		
Day 4 Date:		
Day 5 Date:		
Day 6 Date:		

Thank you.

MfS 7 – Performance week

Live Online Group Session

Mindful breathing exercises

Body scan

Mindful movement

Mindful performances of 2-3 minutes each

As a performer, what was your experience of performing mindfully?

Mindful listening/observing

As an audience member, what was your experience of mindful listening?

Giving and taking criticisms with a mindful outlook (recorded for later by participants)

How did you find giving or taking criticism with a mindful outlook?

Practices for the week:

(Formal) One of each practice each day

1. [Mindful movement](#)
2. [Body scan](#)
3. [Mindful Breathing Counting](#)
4. [Mindful Breathing Journey](#)
5. [Sounds and Thoughts](#)
6. [Exploring difficulties](#)

(Informal) Drop into your experience at regular times each day (maybe put a reminder on a phone or watch) and observe your physical sensations and mental thought processes in that moment. Log how they change.

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Week 7

		Mins
Day 1 Date:		
Day 2 Date:		
Day 3 Date:		
Day 4 Date:		
Day 5 Date:		
Day 6 Date:		

Thank you.

MfS 8: Summary

3-minute breathing space

Summary and recap

Direct connections of mindfulness to work and performance.

Mindful breathing

Nourishing and depleting exercise

Activities	Nourishing or depleting?

Body scan

Write your experience from doing this Body scan below.

Please now complete the [Mindfulness Questionnaire](#)

Thank you for taking part! Best wishes

