

# 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 video session can be completed at a time to suit you, and each “week” should take about 1 hour to complete (2-3 videos and Log Book tasks each week). Week 7 has no video as it is a practical exercise you can do yourself. Of course, you can do it over any time length you like, it doesn't have to be a week, but that's the format.

To get the most out of the course, you should also 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](http://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](http://www.mindfulnessforsingers.co.uk).

**WARNING:** Mindfulness can be quite powerful. So it is important that, before starting this course, to consider your mental health situation. Please consult your trusted mental health professional before taking this course if you have any of the following:

Schizophrenia, Bipolar Disorder, Depression, Chronic Anxiety, PTSD.

### **8-week mindfulness course session:**

- Week 1 – 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 – Mindfulness for Singers Practical Exercises
- 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

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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

*Write down your daily reflections and findings please.  
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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

## Practical Week

### *Mindful breathing exercises, Body scan, Mindful movement*

#### **Practical Tasks**

This week, instead of videos to watch, you have some tasks to undertake before filling out the questions below.

1. Listen to someone sing live in a fully alive and attentive way.
2. Perform yourself with the intention to stay fully in the moment (preferably in front of an audience or recording yourself).
  - a. If you get music performance anxiety, try using some mindfulness and see if it has any effect.
3. Ask someone to give you feedback on your performance, record them but also try to stay in the present moment and truly hear them,
  - a. Listen back to the recording later to see if you remembered exactly what they said or if you tended to focus on the negatives.

#### 1. Mindful listening/observing

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

#### 2. Your own mindful performance/s

*As a performer, what was your experience of performing in an intentionally mindful way?*

- a. *If you get music performance anxiety, what was your experience after doing some mindfulness?*

#### 3. Taking criticisms with a mindful outlook (Don't forget to record it!)

*How did you find taking criticism with a mindful outlook as you heard it the first time?*

- a. *How did you find listening to the recording of the criticism later and what did you learn about yourself?*

**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.

## Mindfulness for Singers Weekly Journal

*Write down your daily reflections and findings please.  
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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

<b>Activities</b>	<b>Nourishing or depleting?</b>

### *Body scan*

*Write your experience from doing this Body scan below.*

Thank you for taking part! Best wishes and so let me know how you got on using the Contact Form on the website. \_\_\_\_\_

