



## Resources for Calming the Performance Anxiety Beast – Changing the Way We Think, Act and Play

### Musician Wellness Resources

#### Books

- The Breathing Book for Flute by Amy Likar
- Awareness Through Movement by Mosche Feldenkrais
- What Every Musician Needs to Know About the Body: The Application of Body Mapping to Making Music by Barbara Conable
- Body Mapping for Flutists by Dr. Lea Pearson

#### Websites

- The National Flute Association's Performance Healthcare Committee webpage of resources - <https://www.nfaonline.org/committees/performance-healthcare-committee>
- Links to Feldenkrais books and recorded lessons:
  - [www.Feldenkrais.com](http://www.Feldenkrais.com) This site is our professional website. You can also find information about Feldenkrais and how to locate a Feldenkrais Teacher in your area.
  - [www.Feldenkraisresources.com](http://www.Feldenkraisresources.com) - This site is a well-established catalog of Feldenkrais materials.
- Gwen Klassen - Musician Wellness and Leadership - <https://www.musician-intuition.com/>
- Lea Pearson - Music minus pain - <https://musicminuspain.com/>

## Performance Anxiety Resources

Panel with Prof Stephanie Cooke, Adrian Dee, Donna Maebori, Molly Duggan, Judy Fischbach

### Books

- In Pursuit of Excellence, How to win in sport and life through mental training 5th edition by Terry Orlick
- Musical Excellence, Strategies and techniques to enhance performance by Aaron Williamon
- The Performer Prepares by Robert Caldwell
- The Confidence Gap: A Guide to Overcoming Fear and Self-Doubt by Steven Hayes
- A Soprano on Her Head: Right-Side-Up Reflections on Life and Other Performances by Eloise Ristad
- The Inner Game of Music by Barry Green
- Feel the Fear... and Do It Anyway: Dynamic Techniques for Turning Fear, Indecision, and Anger into Power, Action, and Love by Susan Jeffers

### Websites/E-mail Subscription

- Noa Kageyama - Initial series for periodic emails to help with performance anxiety, then ongoing ones which address new interesting and reinforcing topics  
<https://bulletproofmusician.com/>
- Centre for Performance Science UK - Research on performance -  
<https://performancescience.ac.uk/>

### Videos

- Lorna McGhee & Carolyn Christie, Making the Stage Your Living Room  
<https://www.youtube.com/watch?v=6xUvigxmlfw>
- Episode 047: Interview with Carolyn Christie (on coaching) -<https://corpsonore.com/season-4/episode-047-interview-with-carolyn-christie>
- Helen Spielman's site - <https://www.performconfidently.com/>
- Helen Spielman on Talking Flutes Podcast episode 116 on book and Performance Anxiety -  
<https://www.podbean.com/ew/pb-pfax6-db7155>
- Time to Decide | Does Stage Behavior Matter? (from Center for Performance Science UK) (short video regarding stage and additional aspects of performance, there used to be more on their website on this project) - <https://www.youtube.com/watch?v=Kob8kSDSc1Y>
- Self-Compassion Guided Practices and Exercises by Dr. Kristin Neff - <https://self-compassion.org/category/exercises/#guided-meditations>