Managing stress in music

Stress is common in music, and it can show up in lots of ways. Here's a quick guide to recognising what might be stressing you and some ways to support yourself.

Some common causes of stress in music:

– Competition
– Long hours – late nights
– Extreme concentration levels
– Travelling
– Insufficient equipment
– Financial uncertainty
– Conflict work/family life

Do any of these apply to you?

Knowing your triggers can be a big help.
Then you can take steps to make things easier:

Some common causes of stress in music:

– Make time for rest
– Think about your nutrition and physical health
– Connect with others to share how you're doing
– Breathing, meditation and journalling can all help

If you're struggling, we're here.

Call or WhatsApp us on **0808 802 8008**, or visit **musicmindsmatter.org.uk** to find out how we can help.

General information only – not medical advice. If at risk call 999. For urgent help in a crisis call NHS 111 or Samaritans 116 123 (free, 24/7). For non-urgent help speak to your GP or a licensed professional.