

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 us on 0808 802 8008, text MUSIC to 85258, or visit musicmindsmatter.org.uk to find out how we can help.