

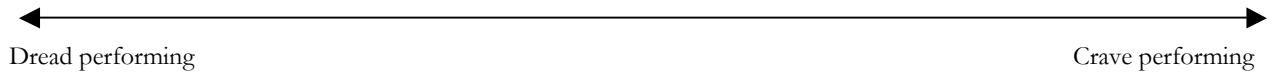
The Elision Institute

A catalyst for evolution and growth in the training and support of musicians

Augsburg College

Performance Wellness Self Evaluation

1. Performing Continuum



Mark and date your place on the performing continuum periodically. Note what performances are occurring around each date.

2. List your most common physical and emotional symptoms related to musical performance.

3. List strategies that you currently employ or would like to try in coping with the above symptoms

4. Re-evaluate and update this list periodically. Consider keeping a performance journal.

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Use **AWARE**

A—accept anxiety: “Why hello there, dear friend.”

W—watching it: knowledge of your physiology and psychology

A—acting with it: having strategies and techniques to use

R—repeating these three steps as needed

E—expecting anxiety in performance

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