

Mindful Practice for Performance Anxiety

DR. BRIANNE BORDEN

Crane School of Music | SUNY Potsdam

Yoga for All Musicians





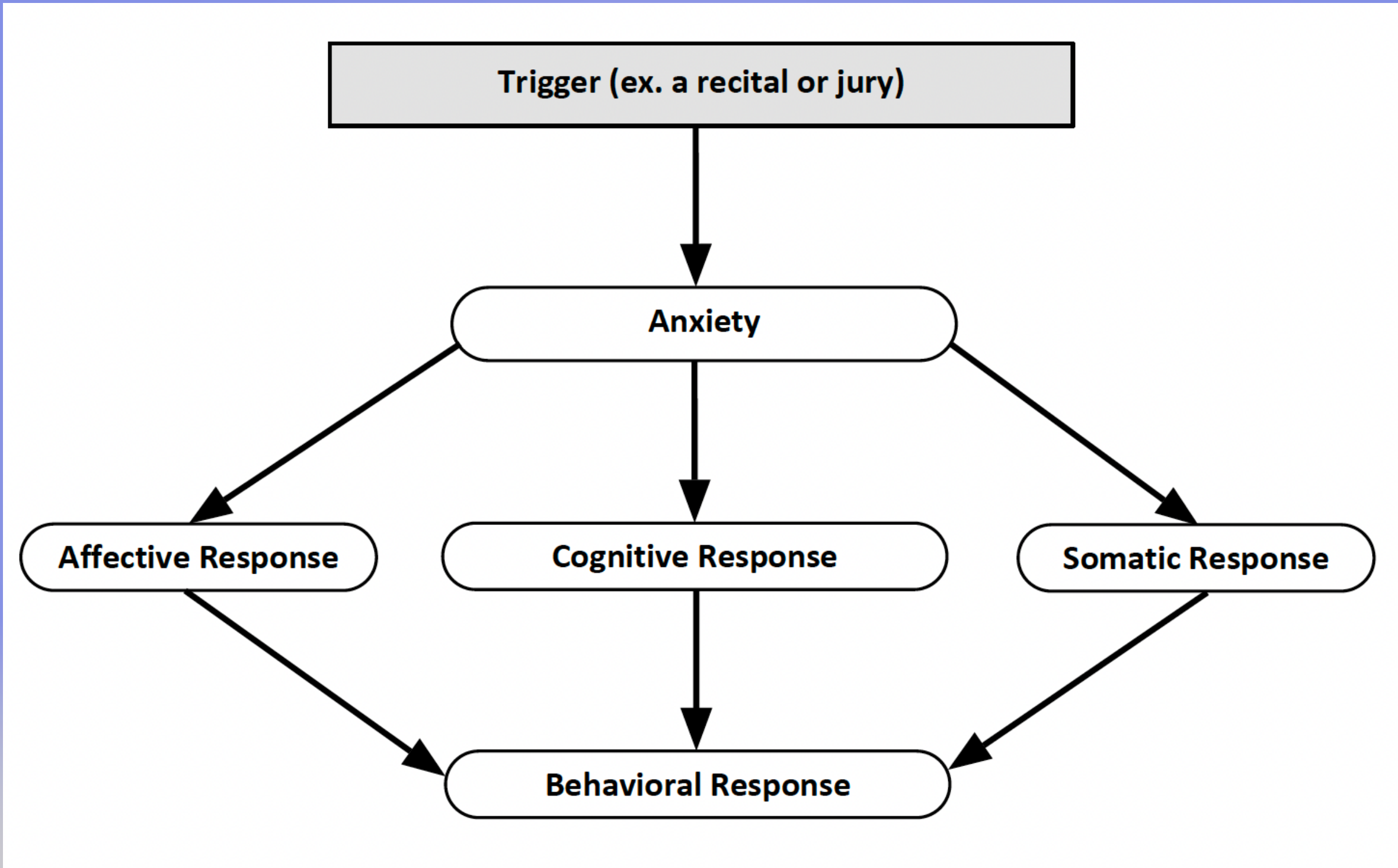


What is Performance Anxiety?

MPA the experience of marked and persistent anxiety manifested through combinations of affective (psychological), cognitive (intellectual), and somatic (physical) symptoms that lead to behavioral responses.



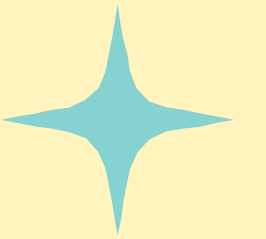




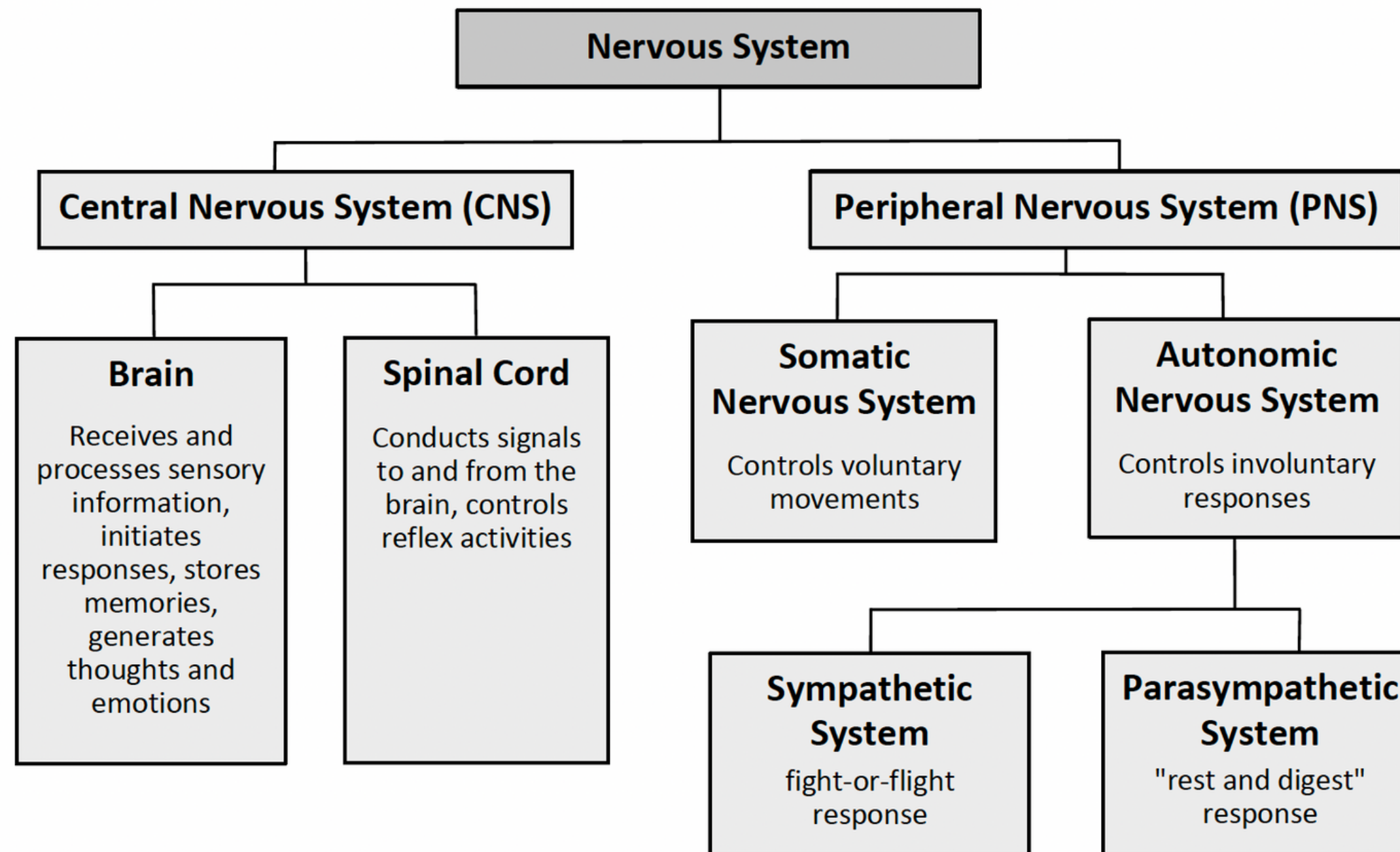
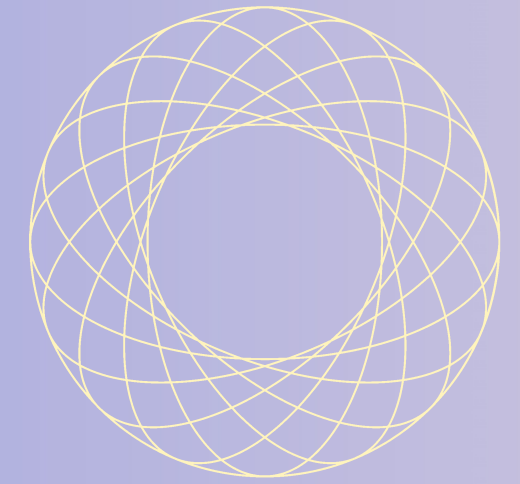


What contributes to MPA?

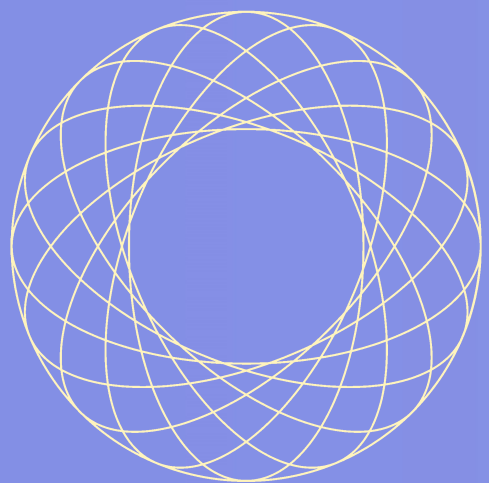
- Perfectionism
- Perceived importance of an event
- Imposter Syndrome
- Trauma
- Other anxiety disorders



Some science!



Symptoms



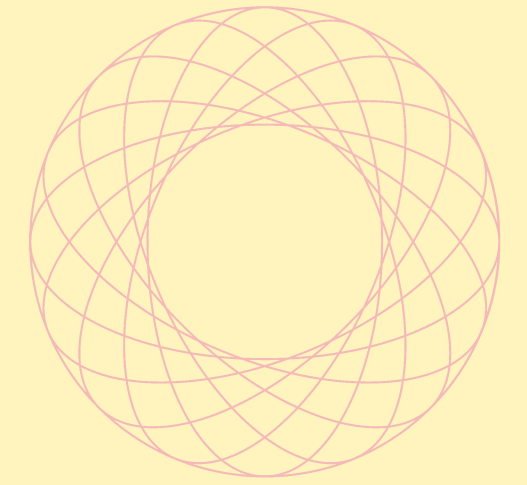


What is Mindfulness? ✨

Mindfulness is a practice in which you focus on being intensely aware of what you're sensing and feeling in the moment, without interpretation or judgment. Practicing mindfulness can involve breathing methods, guided imagery, meditation, journaling, or even just taking a walk.

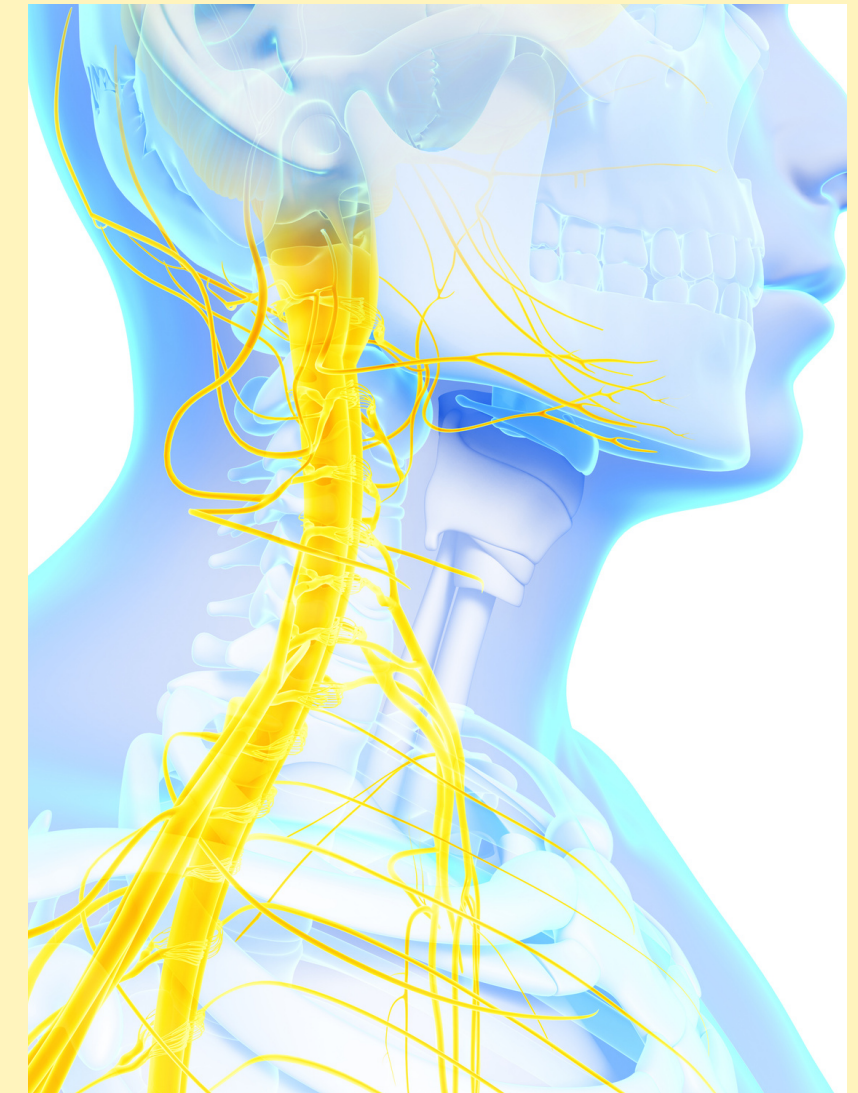


Some science!



The amygdala performs a primary role in fear processing. When we are exposed to a fearful stimulus, information about that stimulus is immediately sent to the amygdala, which then sends signals to areas of the brain like the hypothalamus to trigger the sympathetic nervous system and therefore a fight-or-flight response.

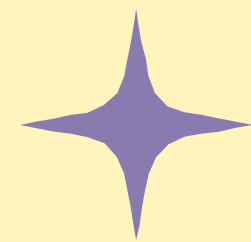
The vagus nerve is the main component of the parasympathetic nervous system which provides the “rest and digest” response, often resulting in a reduction of heart rate and anxiety symptoms.



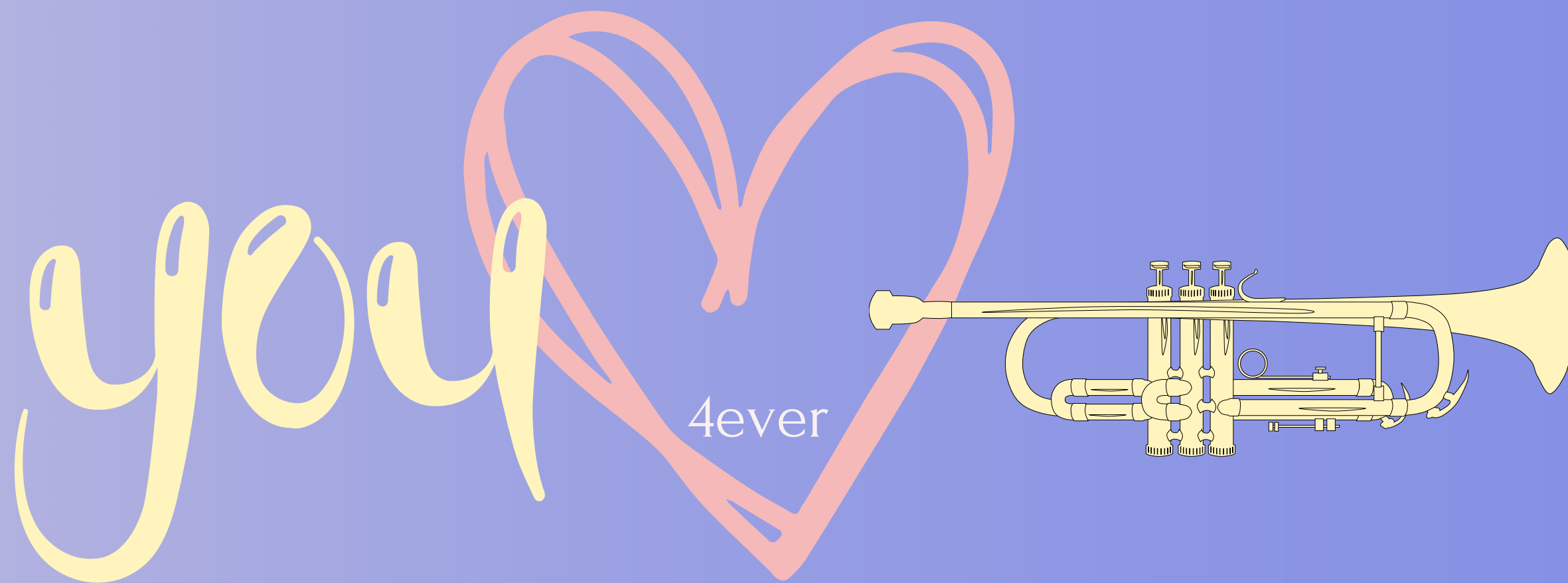


How can mindfulness help us?

By decreasing amygdala activity and stimulating the vagus nerve, mindfulness practices help remind you and your nervous system that you are safe and prepared, and can help decrease the side effects of performance anxiety. Mindfulness reminds you that there is no imminent threat, and you are therefore safe to perform and showcase everything you have practiced.



Redefine your relationship
with your instrument.





Pre-Practice Mindfulness

- BODY, BRAIN, & HEART
- COUNTING BREATH





During Practice Mindfulness

- VISUALIZATION (BEFRIEND THE ANXIETY)
- BUMBLEBEE BREATH
- BODY SCAN - THIRD FINGER EXERCISE
- SOUL SONGS





Post-Practice Mindfulness



JOURNALING





Questions?



Thank you!

WWW.BRIANNEBORDEN.COM
@BRIANNEBORDEN
@YOGAFORALLMUSICIANS

Mindful Trumpet Playing, Mountain Peak Press

