

**A Review of the Essential Resources Needed to Help Teachers  
Ensure their Students' Wellbeing**

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*Teaching Approach*  
*Ergonomics: Approach to one's Instrument*  
*Healthy Practice Strategies*  
*Handling Performance Anxiety*  
*Preventing Injuries*  
*Life After an Injury: Return to Play*

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## On-line Resources – Associations

**Athletes and the Arts:** <http://athletesandthearts.com>

**College Music Society (CMS) Wellness Webinars:**

[https://www.music.org/index.php?option=com\\_content&view=category&id=226&Itemid=3288](https://www.music.org/index.php?option=com_content&view=category&id=226&Itemid=3288)

This link contains our upcoming webinars, listed in chronological order:

<https://www.music.org> → Events → CMS Webinars

**Music Teachers National Association (MTNA):**

American Music Teacher offers on-going series of wellness articles since 2014

Additional wellness resources: [www.mtna.org/](http://www.mtna.org/) → Learn → Wellness Resources

Essential Skills articles: [www.mtna.org/](http://www.mtna.org/) → Learn → Essential Skills

**The National Association of Schools of Music (NASM)** – listing of musicians' health advisories in the areas of neuromusculoskeletal health, vocal and mental health and hearing preservation: <https://nasm.arts-accredit.org/?s=Health+Advisories>

**Performing Arts Medicine Association (PAMA)** –contains member resource directory; information on the journal *Medical Problems of Performing Artists*; resources on performing medicine organizations, clinics, arts organizations; journal bibliography of articles; and other related materials [www.artsmad.org](http://www.artsmad.org)

## Online Resources – Websites and Blogs

*The Bulletproof Musician* – website by performance psychologist/violinist, Noa Kageyama. Articles on how to overcome stage fright, how to memorize, practice strategies [www.bulletproofmusician.com](http://www.bulletproofmusician.com)

Blog by Dr. Julie Nagel: *Changing Performance Power into Performance Energy* <http://julienagel.net/blog-standard-list/>

*Mapping Music* - Rebecca Shockley: [www.memorymapformusic.org](http://www.memorymapformusic.org)

*The Musician's Brain* –Blog by pianist, Lois Svard. Explores brain science and how it relates to teaching and performing [www.themusiciansbrain.com](http://www.themusiciansbrain.com)

*Putting It All Together: A Musician's Guide to Day-to-Day Healthy Play* by Dr. Serap Bastepe-Gray, [https://www.youtube.com/watch?v=YK\\_NxxD5bbM](https://www.youtube.com/watch?v=YK_NxxD5bbM)

ISME Musicians' Health and Wellness Special Interest Group (SIG) Facebook page: <https://www.facebook.com/groups/381660465533218/>

## Online Resources - Hearing Health

National Hearing Conservation Association: [www.hearingconservation.org](http://www.hearingconservation.org)

American Tinnitus Association: <https://www.ata.org/>

"Auditory Transduction" by Brandon Pletsch: <https://www.youtube.com/watch?v=PeTriGTENoc&t=8s>

Association of Musicians with Hearing Loss (AAMHL) [www.musicianswithhearingloss.org](http://www.musicianswithhearingloss.org)