

**Title: Importance of Maintaining Positive Mental Health in Music**

**Overall Expectation: (C3)**

Conventions and Responsible Practices: demonstrate an understanding of responsible practices and performance conventions relating to music.

**Specific Expectation: (C3.1)**

Identify and describe key physical and health considerations associated with practising, performing and listening to music.

Demonstrate an understanding of safe and healthy practices related to the field of music, with an emphasis on maintaining a healthy lifestyle and preventing performance-related (**AMU4E Specific**).

**Learning Objectives:**

Students will be able to identify key stressors within creative arts careers such as auditions, poor physical working conditions, impact on social/family life, work overload, etc.

Students will be able to apply healthy mental health practices into their pre/post performance regimes.

**Success Criteria:**

I know I've got it when I can apply positive mental health strategies into my practice regime.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**Importance of Maintaining Positive Mental Health in Music  
Interview Sheet**

Who is being interviewed: \_\_\_\_\_

What is/was their career: \_\_\_\_\_

What **two** strategies do they use before/after stressful events (interviews, public speaking, presentations, evaluations, etc.) to manage positive mental health:

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Are the strategies performed before or after the event? Why?:

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How long have they been using these strategies? Have they explored other strategies in the past? If yes, what were they and did they work for this person?

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Are these strategies connected to family/community/cultural traditions or is it an individual practice?

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## Importance of Maintaining Positive Mental Health in Music Post Reflection Sheet

Log here when you practiced this strategy:

Date	Event (playing test, performance, audition, interview, ect.)	Any potential adaptations to the strategy
*Optional		

**Note:** Complete a minimum of three separate events where you practiced the positive mental health strategy before continuing onto the questions below.

Explain the strategy you explored. What steps were involved, how long did it take and were any resources/equipment needed? Did you find the strategy helpful? Why?

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What is one additional strategy you can try out moving forward? (Note: it is helpful to ask friends what their parent(s) or community member(s) did for different strategies)

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Why do you think it is important to be aware of mental health? Identify at least **three** stressors that professional musicians specifically encounter with examples.

Exemplar → Exhaustion (stressor) due to long work hours (example)

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### Positive Mental Health Strategy Exploration and Application Log

Criteria	Level 4	Level 3	Level 2	Level 1	
<p>Knowledge/ Understanding</p> <p>Importance of Mental Health. Stressors of Professional Musicians</p>	<p>Student has identified <b>3 or more</b> stressors that professional musicians encounter with exceptional examples.</p>	<p>Student has identified <b>3</b> stressors that professional musicians encounter with examples.</p>	<p>Student has identified <b>2</b> stressors that professional musicians encounter. Examples do not match the stressor.</p>	<p>Student has identified <b>1</b> stressors that professional musicians encounter. Examples not present.</p>	/4
<p>Thinking -</p> <p>Interview on Positive Mental Health Strategies</p>	<p>Student has gathered <b>2 or more</b> positive mental health strategies they can use.</p> <p>Interview sheet answers all the questions with exceptional detail.</p>	<p>Student has gathered <b>2</b> positive mental health strategies they can use.</p> <p>Interview sheet answers all the questions with considerate detail.</p>	<p>Student has gathered <b>1</b> positive mental health strategy they can use.</p> <p>Interview sheet answers all or most of the questions with minimal detail.</p>	<p>Student has gathered <b>1</b> positive mental health strategy they can use.</p> <p>Interview sheet is lacking answers and detail.</p>	/4
<p>Application/ Communication (Reflection)</p>	<p>Student applied the strategy with <b>3 or more</b> separate events.</p> <p>Student reflected on their strategy with an exceptional degree of effectiveness and detail.</p>	<p>Student applied the strategy with <b>3</b> separate events.</p> <p>Student reflected on their strategy with a considerable degree of effectiveness and detail.</p>	<p>Student applied the strategy with <b>2</b> separate events.</p> <p>Student reflected on their strategy with some effectiveness and detail.</p>	<p>Student applied the strategy with <b>1</b> event.</p> <p>Student reflected on their strategy with limited effectiveness and detail.</p>	/4

# Mental Health Strategies in Music Careers

## Healthy Practices

### Did You Know?

The Mental Health awareness colour is Green.

### Day of Significance

Mental Health Awareness day is globally observed on October 10th

### Fun Fact

Your mood can be affected by the type of music you listen to.



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