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COMMON PAIN POINTS FOR MUSICIANS

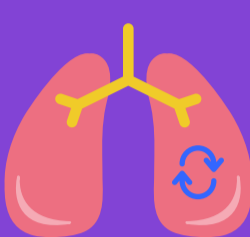


1 BODY PAIN & FATIGUE

Physical pain and tiredness during and after practicing, especially near joints

Relieve physical tension by

Warming up body with breathing, stretching before playing, taking frequent micro breaks

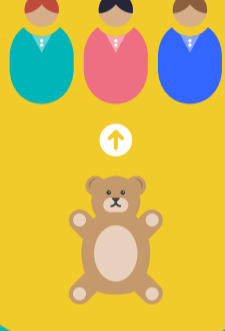


2 PERFORMANCE ANXIETY

Reaction to performance situation causes lower quality or unexpected/unwanted effects.

Decrease nervousness by

First performing for pets and toys, then trying in front of family, next friends and community, etc. (titration)



3 BOREDOM

Lack of motivation and material that's interesting and challenging to practice

Resolve lack of interest by

Truly loving the music being practiced! Setting clear goals towards a desirable objective



4 LACK OF FOCUS

Short attention span, difficulty concentrating and prevents achieving goals.

Increase ability to focus by

Deciding on one mandatory and clear goal to achieve for a practice session or song



5 OUTSIDE DISRUPTIONS

Letting external factors affect or interrupt your practice

Stop distractions by

Welcoming interruptions as invitations to practice saying "no" and re-focusing quickly

