

MAKING SENSE OF PERFORMANCE ANXIETY

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SESSION OVERVIEW

- Performance Anxiety
 - What's really happening
- Personal cues and experiences
- How to live well with performance anxiety
- Details
 - Open participation
 - Privacy Request



PLEASE KNOW

- The information provided in this presentation is intended solely for education purposes and should not be considered therapeutic in nature
- Participation in this presentation or in any educational workshop does not take the place of formalized therapy with a registered practitioner
- Sara Brooks is a Registered Psychotherapist with the CRPO and has built her workshop using multiple theoretical approaches. Nevertheless, Sara is here as presenter and educator only, and not as personal therapist to any individual attending this presentation.



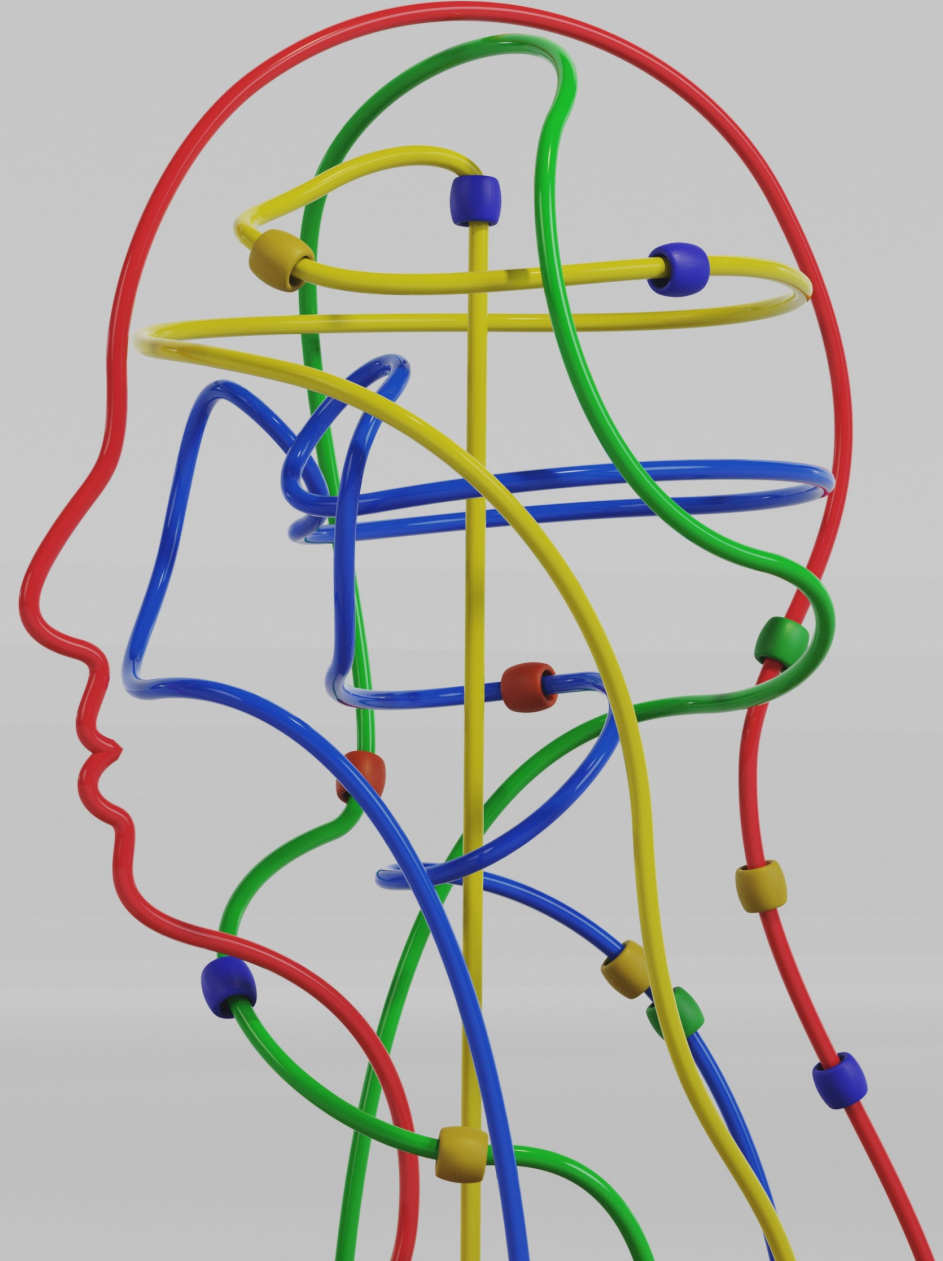
- Have you ever experienced performance anxiety (PA)?
- Do you have friends who live with PA? How do you know?
- Do you remember your first experience? When?
- How do you cope now?



PERSONAL CHECK-IN

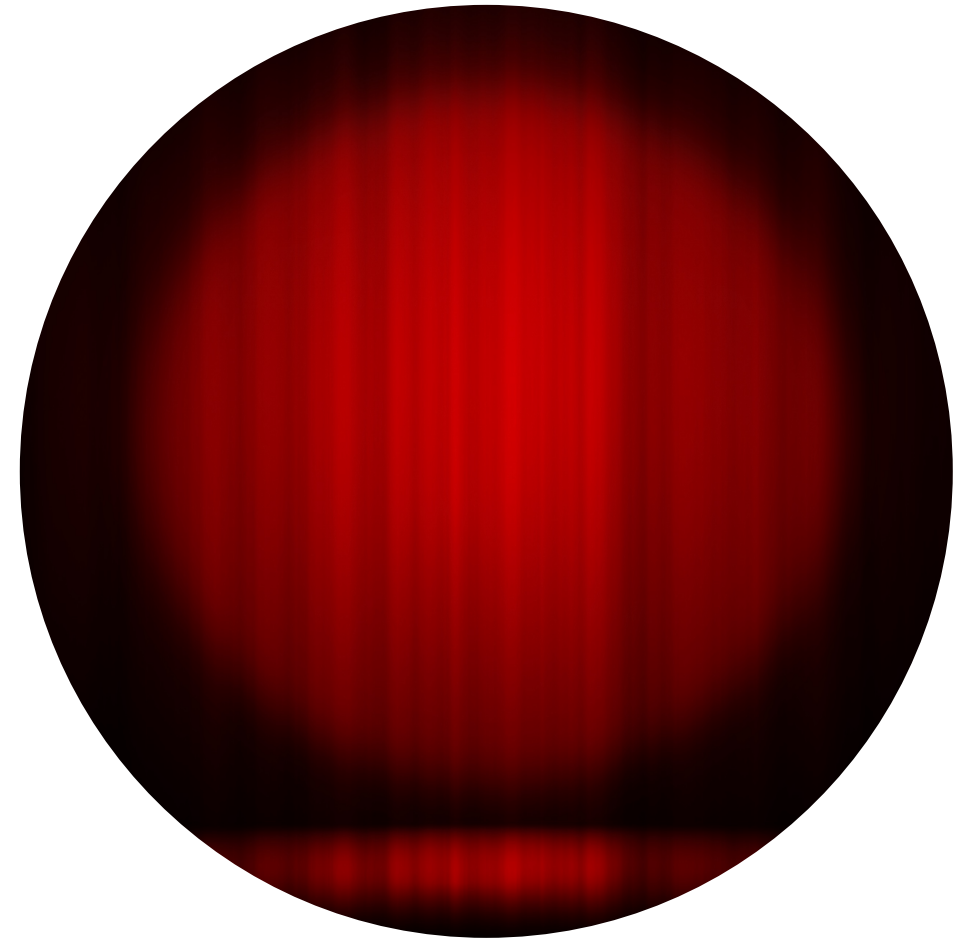
WHAT IS MENTAL HEALTH?

- Cognitions
 - Thoughts, inner dialogue
- Emotions
 - Mood fluctuations (peaks and valleys)
- Behaviour
 - Patterns of behaviour, physical health



WHAT IS PERFORMANCE ANXIETY?

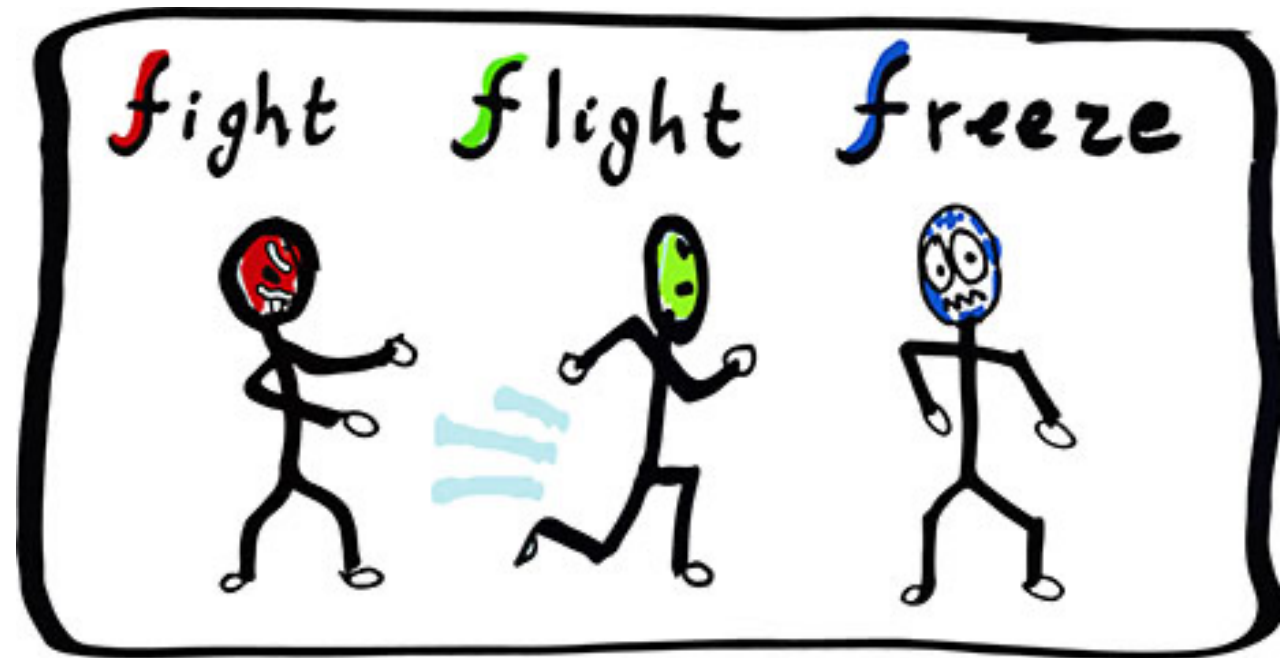
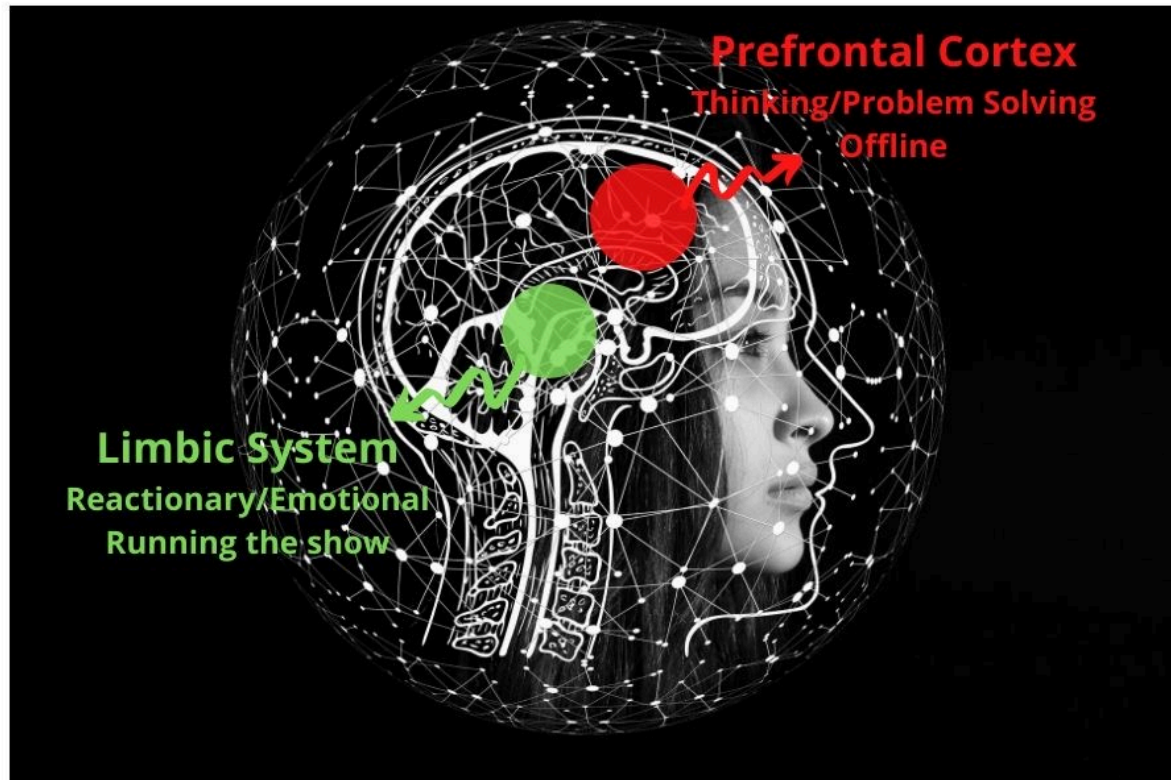
- Cognitive
 - Racing thoughts
 - Negative Fixations
- Emotional
 - Feelings of dread
 - Fluctuations between anxiety and low mood
- Physical
 - Racing heart
 - Tense/shaking muscles
 - Shallow breathing
 - Sweaty palms/dry mouth



WHAT'S ACTUALLY HAPPENING?

Fight/Flight/Freeze

Our System In "Survival Mode"



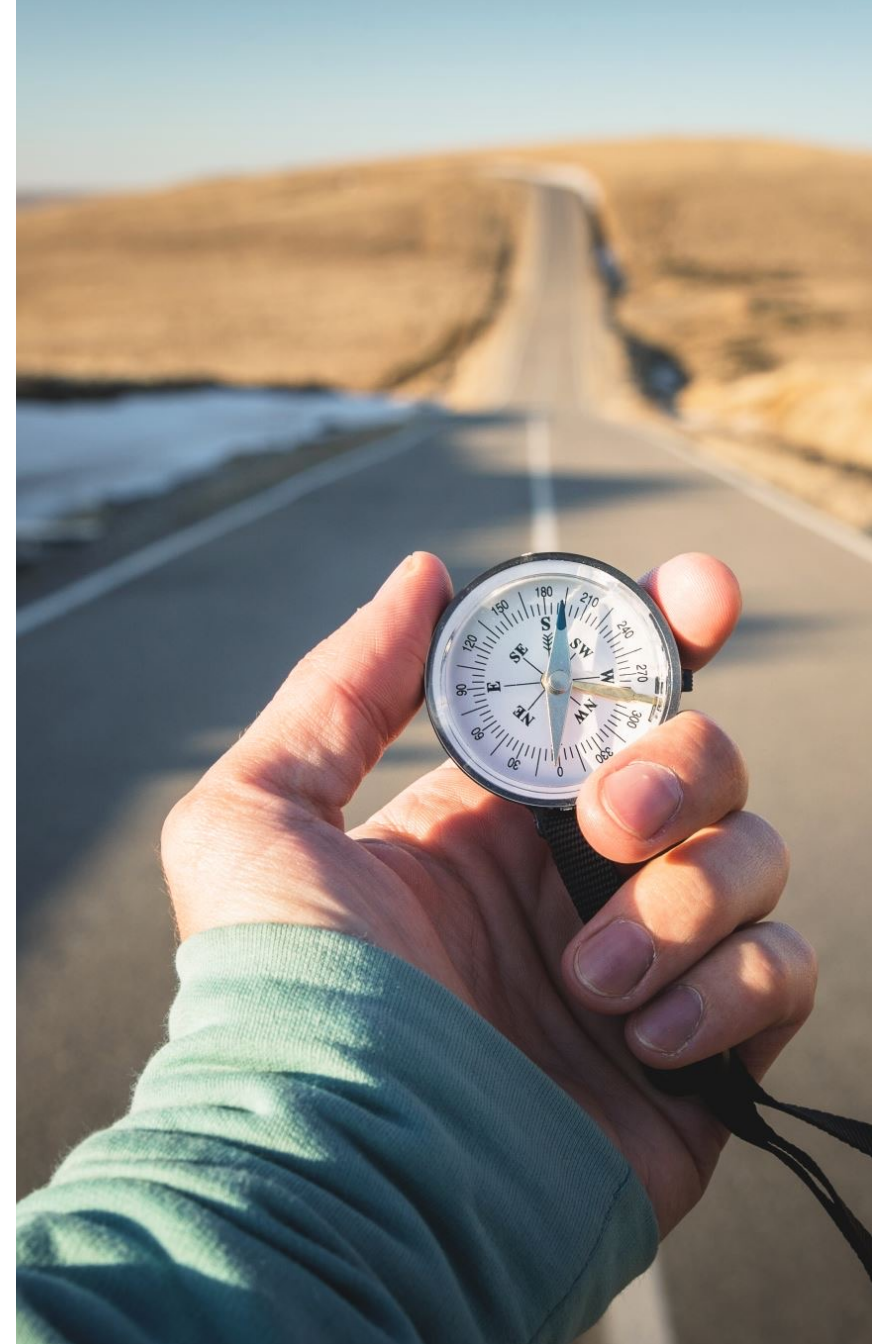
REFLECT: PERSONAL IN-THE- MOMENT CUES

- Physical
- Cognitive
- Emotional



TRACKING ARRIVAL

- Timing
- Additional cues: The big three
- Triggers: reflect on senses





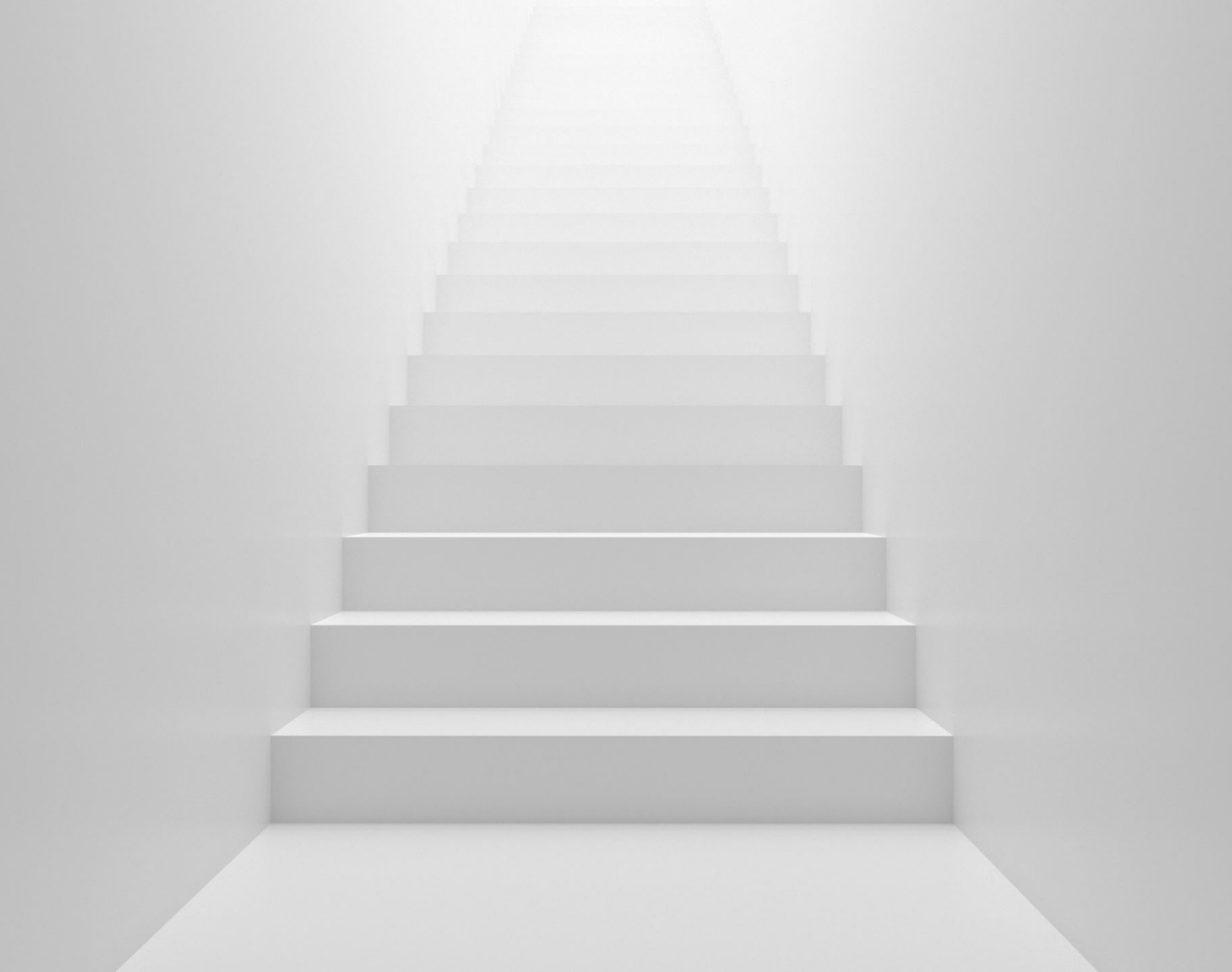
SLEEP



NUTRITION



EXERCISE

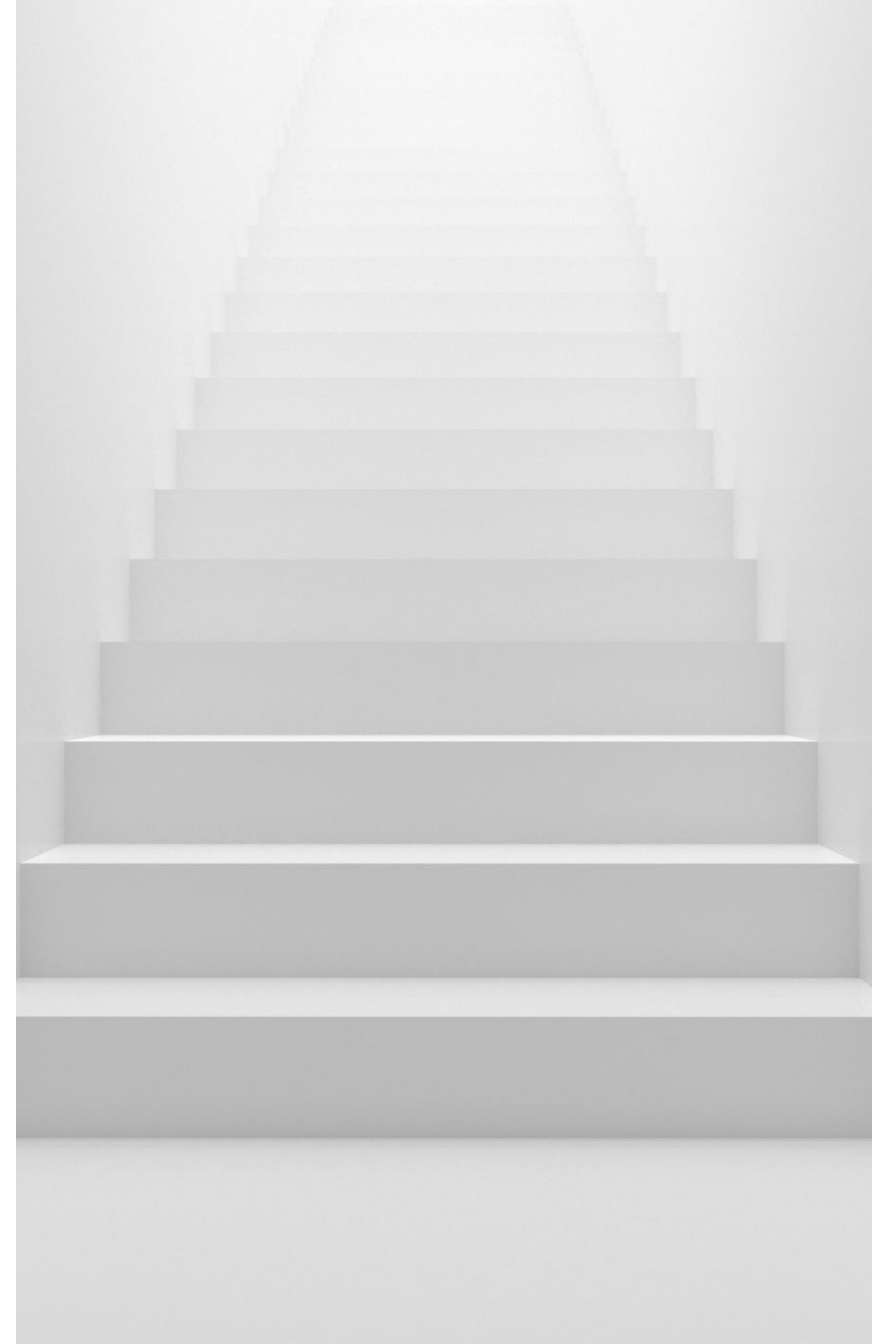


LIVING WELL: OVERVIEW

- Incompatible Behaviour
- Self Talk
 - Thinking errors
- Perfectionism
 - Expectations

INCOMPATIBLE BEHAVIOUR

- “Down and out” breathing
 - Check out via YouTube: Breathing to manage help anxiety, Sara Brooks
- Progressive Muscle Relaxation (PMR)
- Physiological activation and down-regulation (i.e. stairs, gym, cold water)
- Cognitive “behaviours”
 - Mindfulness: safe space, visualization, meditation (i.e. body scan, music, prayer, etc.)





SELF-TALK & IMPOSTER SYNDROME

**“IF I SCREW UP THIS CONCERT, I’LL NEVER HAVE A
CAREER...”**



PERFECTIONISM

SELF TALK AND PERFECTIONISM TOOLS

- Intention-setting and SMART goals
 - “One beautiful phrase”
- Decatastrophization
- Acceptance and value-guided living
- Identity exploration



HOW DO YOU COPE?

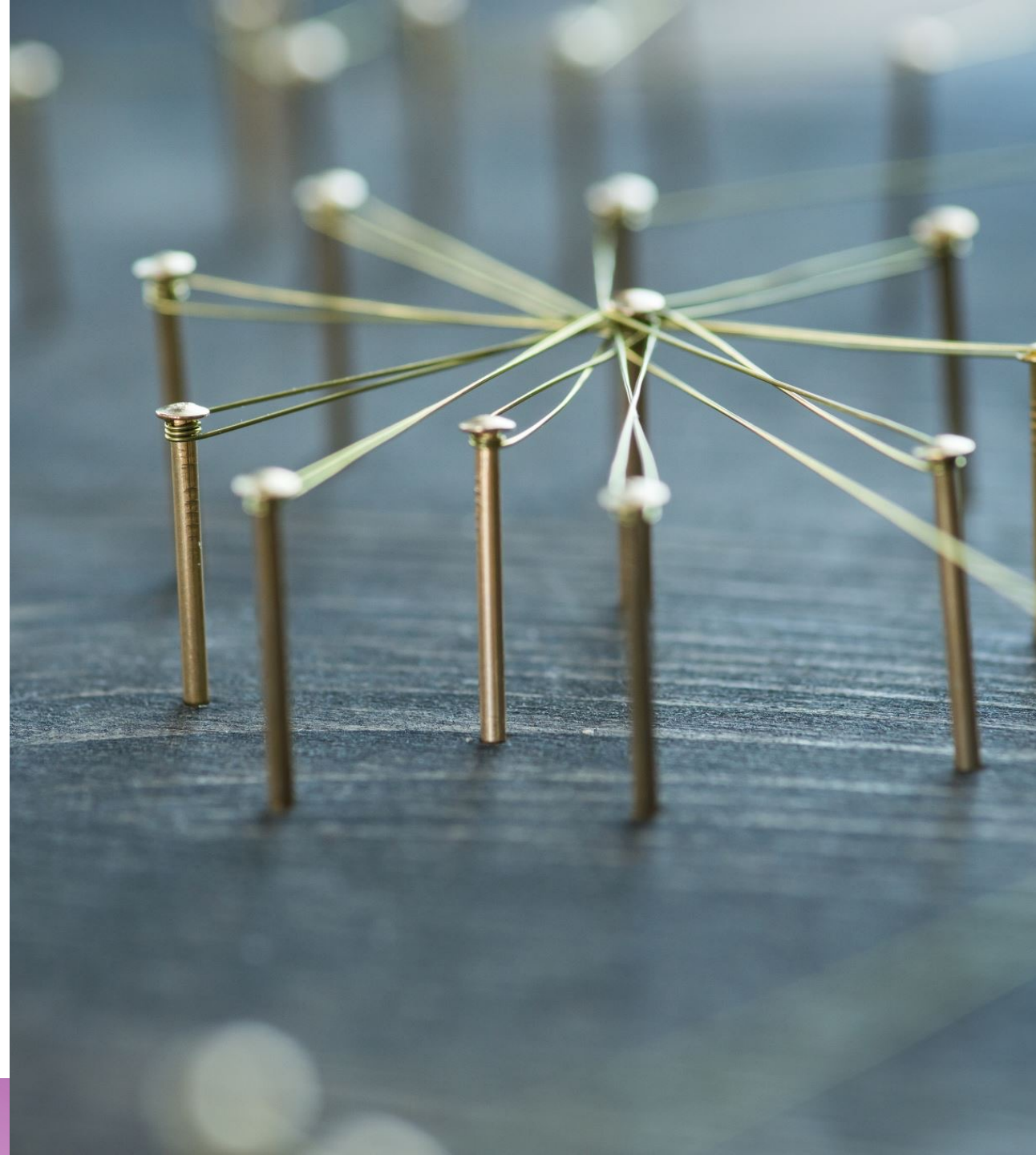
PERSONAL THERAPY

- COGNITIVE THERAPIES
 - CBT, ACT, DBT (Cognitive Behavioural, Acceptance and Commitment, Dialectical Behaviour)
- SOMATIC/AFFECTIVE THERAPIES
 - Emotion-focused therapy, IFS (Internal Family Systems)
- MYTHS: You don't have to "go deep!"
 - You're driving the bus!



PLEASE KEEP THE CONVERSATION GOING

- sarabrooks.ca
- @outsidethescore on Instagram and Facebook



RESOURCES

- *The Inner Game of Music*. 1986 (with newer edition published 2015). Barry Green with W. Timothy Gallwey
- *The Musician's Way*. 2009. Gerald Klickstein.
- *The Mindful Musician*. 2019. Vanessa Cornett
- *The Psychology of Music Performance Anxiety*. 2011. Diana Kenny.
- *Performance Success: Performing your best under pressure*. 2001. Don Greene

- *The Musicians' Way Blog and Website*. www.musiciansway.com
- *Bulletproof Musician*. Noa Kageyama. www.bulletproofmusician.com
- *Composed* (Documentary). 2016. www.composeddocumentary.com
- @outsidethescore on Instagram and Facebook

For your own copy of a performance anxiety workbook, head to sarabrooks.ca/shop