

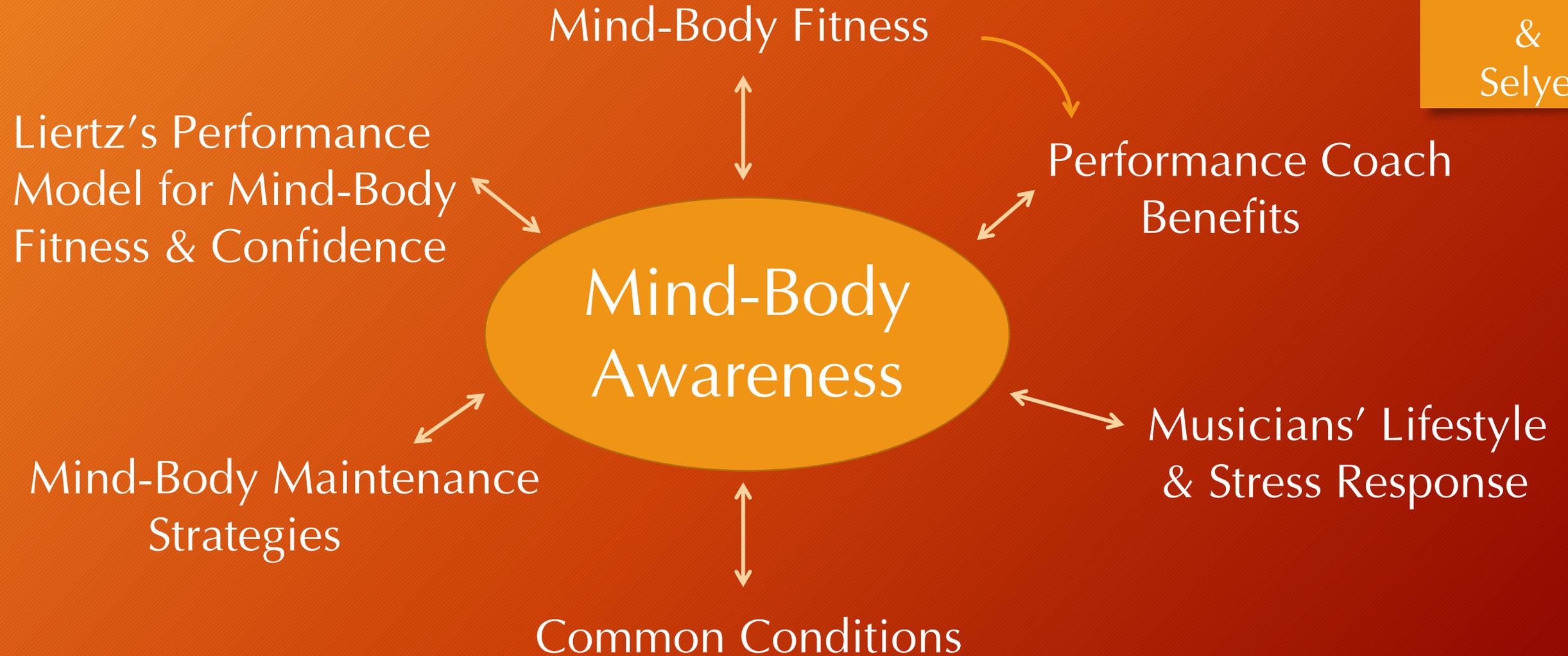
Self Care for Pianists:

Carmel Liertz

Mind-Body Maintenance and Recovery

Overview of Self Care Themes

Liertz
&
Selye



Liertz's Performance Model for Mind-Body Fitness & Confidence

‘Mind-Body Fitness is essential
for optimal practice and performance.’

Be aware of the interrelationship between your mind and body.

*Your mental and physical states are directly linked
to your practice and performance outcomes.*

– Carmel Liertz, ‘Mind-Body Awareness’ Training

'Instrumentalists need a Performance Coach!'

like elite athletes, singers, actors ...

- Itzhak Perlman, Metro Focus utube, Itzhak and Toby Perlman

Benefits of a Performance Coach

- Looking at personal strengths & weaknesses, mental & physical habits, lifestyle, overcoming concerns & challenges, specialist there for you, for your short-term & long-term goals
- Refresh yourself and your performance, gain/regain confidence, reach higher level faster, assistance with recovery from stress, burnout, common conditions
- **Personal Enhancement Program**

Self Care – Monitoring Stress Levels = Stress Response Stages 1) 2) 3)

Selye's
Stress
Response

Musician's lifestyle / worklife

long hours – lack of sleep, exercise, healthy nutrition

Stress Response signs = stages 1),2),3)

Fight/Flight, high alert, stress, anxiety = 1) Alarm

Overdrive (stimulants, inflammation) = 2) Resistance

Depression, Burnout, Chronic Fatigue = 3) Exhaustion

Typical Scenario

Musician's
Lifestyle /
Worklife

*I was often skipping meals and snacks,
pushing sleep hours, not exercising,
and practicing too long.*

*It's hard to break out of those things
with a constant mountain of things to get through.*

(Testimony from Hons Year Pianist, before my coaching.)

Common Conditions

Stress

Depression

Lack of Confidence

Hypoglycaemic Syndrome

Burnout , Chronic Fatigue Syndrome

Wrist , Arm fractures

Arthritis

Mind-Body Maintenance – Daily, Weekly

Mindbody
Fitness

Mind-Body
Strategies



*I can achieve
this !*



Liertz's Performance Model for Mind-Body Fitness and Confidence

Research 2002; Music Conferences 2004, 2007;
Book 2009, 2012; WPC Presentations 2019, 2020