



NEW SELF CARE CONSIDERATIONS:

*MIND-BODY HEALTH GOVERNS
PERFORMANCE OUTCOMES*

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13TH WORLD PIANO CONFERENCE 2021

WORLD CONSIDERATIONS

Clash of Pandemics, Climate Crises, 5G & EMF
affects mind-body health & performance

= ENVIRONMENTAL STRESS

We need to practice:

Flexibility Adaptability Agility Resilience
Mind-Body Health Self-Protection



WORLD ENVIRONMENTAL STRESS – SELF CARE

Understanding / Practicing:

Mind-Body Awareness – Mind-Body Connections –
Mind-Body Health Strategies

(Liertz 2002; 2009; 2012)

Brain–Heart–Immune System–Gut Connection

(Dispenza; Lipton; Kan; Sears; Micozzi; Gundry)

ENVIRONMENTAL MIND-BODY STRESS – SELF CARE

EMF – Cell Phones, Computers, 5G everywhere

– affecting Mind-Body Cells and Health

Self-Protection Measures

PERSONAL MIND-BODY STRESS – SELF CARE

Unexpected Illness, Injuries – Recovery Time, Therapies

Chronic Conditions: Burnout, Depression, Diabetes, Arthritis
– Nutrition and Lifestyle Changes

Personal & Work Environments – Create Positive Changes

THE HIGHLY SENSITIVE PERSON – HSP

20 % POPULATION (1 IN 5)

Characteristics (innate/ biological)

- Sensitive to one's environment
- Finely tuned nervous system on high alert
- High brain activity / more blood flow to brain
- Emotional palette – vivid, enhanced
- Empathic
- Analytical mind – desire for detail
- Needs quiet environment for re-charge, creativity

HOLISTIC STRATEGIES PROGRAM

(LIERTZ 2002; 2009; 2012; 2021)

Incorporate 6 holistic strategies daily for:

- * mind-body health
- * mind-body edge
- * confident practice and performance

6 Holistic Training Strategies

Mind-Body Health



'I can achieve this'



Mind-Body Edge



Confident Practice & Performance

PERFORMANCE MODEL FOR 21ST CENTURY

— CARMEL LIERTZ

- *Revolutionary Etudes* (New Ebook, Sept 2021)
- *Performance Confidence: A Training Program for Musicians*
(Book ; Ebook 2009; 2012)
- *Developing Performance Confidence: A Holistic Training
Strategies Program for Managing Practice & Performance
in Music* (Thesis, 2002)