



The British
and
International
Federation
of
Festivals

Fiona McLean-Buechel

Music Education Expo February 26th 2016,

Mindfulness for Performers and Educators.

Definition of Mindfulness

“ Mindfulness means paying attention in a particular way, on purpose, in the present moment and non judgmentally” Jon Kabat-Zinn

- Mindfulness helps us to openly respond to situations rather than reacting “on autopilot” which is particularly useful in our learning and creative environments
- Cultivating Mindfulness in children and young people results in their greater self-awareness and enables them to become more positive, more empathic and ultimately able to cope and perform to the best of their ability in high pressured situations; for example concert performances or examinations .
- Learning Mindfulness techniques as a child or young person helps them to study to the best of their ability and also helps them to continue to do so as they and their creative lives develop.
- Mindfulness can give a reduction in anxiety, depressive and stress related feelings
- Approved by NICE (National Institute for Health and Care Excellence) as a valid treatment for depression
- Helps our ability to become more observant, to mentally "stand back" and see things more clearly
- Improves memory
- Increases creativity

Further Study and Courses

Angela Avis MBACP www.positiveoutcometherapy.co.uk

Youth Mindfulness Kids Programme <http://youthmindfulness.org/ym-kids-programme/>

Workshops and seminars

"Musical Mindfulness" Fiona McLean-Buechel jutpmusic@gmail.com

Useful Reading

Kabat-Zinn J, Wherever You Go, There You Are: Mindfulness Meditation For Everyday Life (Piaticus 1990)

Williams, M. Penman, D. Mindfulness, A practical Guide to Finding Peace In A Frantic World (Piaticus 2011)

Wax, Ruby, Sane New World 'to help us understand why we sabotage our own sanity and provides a manual on how to survive the 21st century'. (Hodder & Stoughton 2013)

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My thanks to....

Angela Avis MBACP www.positiveoutcometherapy.co.uk

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Graham Higgins, film maker <http://www.grahamhiggins.org/>

Students from Trinity Laban Junior Conservatoire, Plymouth College
Prep School and South West Camerata



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Other Resources

Dr Joe Dispenza <https://iquim.org/courses/brain-and-neuroplasticity/>

Suzana Herculano-Houzel, "What is so special about the human brain"

https://www.ted.com/talks/suzana_herculano_houzel_what_is_so_special_about_the_human_brain?language=en

Fiona McLean-Buechel, "Musical Mindfulness; Creativity in progress"

YouTube <https://youtu.be/PZSM4nqQ1i0>