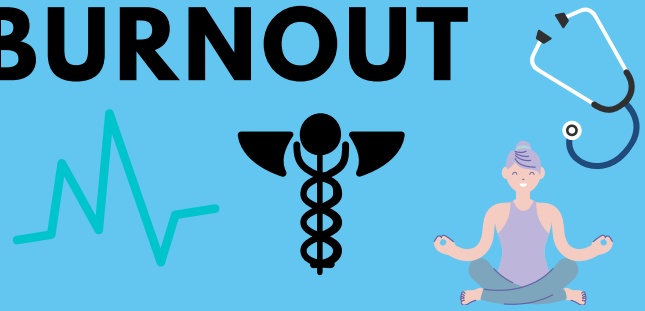


TOP 10 TIPS FOR REDUCING STRESS & BURNOUT

Coping with stress and burnout is a huge part of being in the music industry. We have compiled a list of our top 10 ways to help musicians, DJs, promoters, and industry pros create more balance in their daily lives. (References from the publication: "Stress And Burnout Among Musicians.")

by Dr. Aida Vazin & Emily Makarewicz



1

EXERCISE

Yoga, deep breathing, meditation, and walks help regulate hormones, encourage healthy sleeping patterns, and bring down stress.

2

SELF-APPRECIATION

Staying mentally positive and being confident about yourself - and your music is extremely important for having a long term career in the music business.

3

SELF-CARE

Taking breaks, vacations, spending time with your support system of friends, family, and pets, as well as discussing deeper issues with a therapist are all important parts of creating a sense of peace and balance in your life.

4

SLEEP & REST

Prioritizing sleep over adding extra events and after-hours shows, but also taking breaks and naps throughout the day, especially while touring or doing long production sessions is extremely important. It allows your body to refresh, heal, and stay healthy by boosting your immune system.

5

DIET

Adding omega 3 fatty acids (including fish, flax seed, and walnuts) to your diet is a way to help your body recover from burnout. Maintaining a balanced diet, including nutrients and vitamins recommended by your doctor, coupled with proper hydration (2 liters/day of plain water) may help with burn out, especially due to jet lag and stress.

6

ORGANIZING TIME & ENERGY MANAGEMENT

Keeping your schedule organized, adding breaks into your daily routine, and limiting the number of hours of work per day can really help mitigate stress.

7

FOCUS

When musicians focus more on the money side rather than the art, this usually leads to burnout and over touring. Staying true to your craft can help focus you and keep you happy.

8

PERSONAL INTERESTS & HOBBIES

Making time for your personal interests and hobbies are equally as important as devoting time to your music. Also, deepening connections with others and spending time in nature should be part of your schedule. Downtime can actually fuel your creative energy and help you maintain a positive mindset during the ups and downs of the music industry.

9

COPING SKILLS

A therapist can give you specific coping skills, but if you are experiencing severe burnout and stress - bringing your attention to your breath, journaling your feelings, minimizing tasks, making a gratitude list, calling someone you feel safe with, taking a step back, and imagining yourself in a calm place can help.

10

DRUG & ALCOHOL ABUSE

Using drugs and alcohol as a coping mechanism for underlying emotional stress can lead to serious mental and physical illness, and can increase the potential for self-harm due to the reduction in impulse control of those under the influence of substances. Figuring out what the motivation is behind your use of these substances (either for recreational purposes or if you have become dependent on them) is necessary in order to treat substance abuse or dependence. The highs and lows experienced from substance use will add more discomfort to the original underlying problem driving the substance misuse and can exacerbate symptoms of stress and burnout.