

RESILIENCE

ON THE ROAD

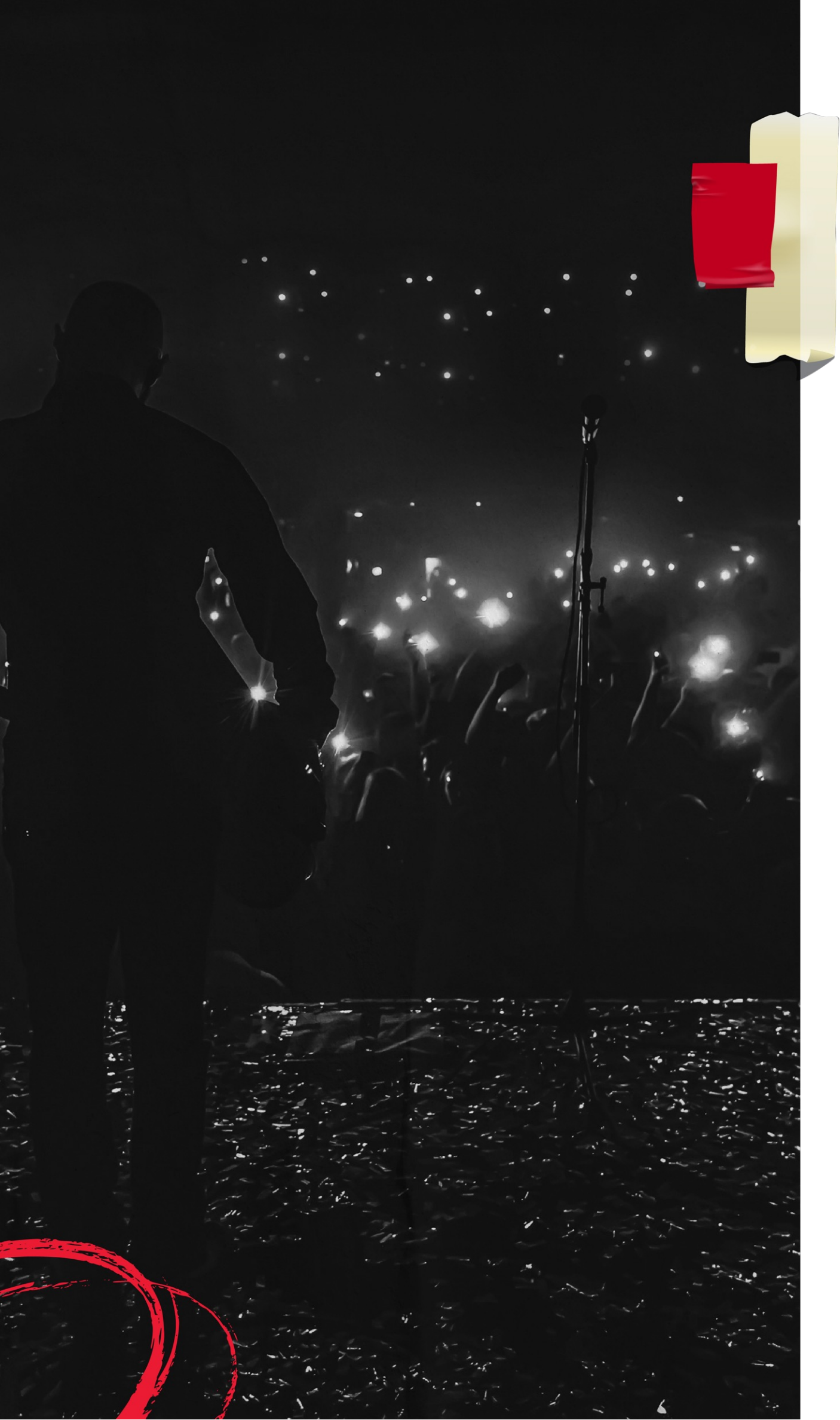
TOOLKIT

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Resilience on the Road

For many music professionals, touring is a love-hate relationship. Live shows and travel are a chance to bring music directly to fans, but it can also be mentally, physically and financially draining for music professionals. The COVID-19 pandemic and global supply chain issues have made touring more costly, more unpredictable, and for some music professionals, far less desirable. However, the pandemic has also opened the door to more candid conversations about the difficulties of touring, including several high-visibility artists speaking openly about their decisions to cancel tours.

MusiCares® helps the humans behind music, because music brings so much to the world. After more than 30 years providing a critical safety net to music professionals, MusiCares understands what it takes to bring music to the world and the hardships that so many music professionals navigate.

Resilience on the Road is a living resource to foster and sustain mental and physical wellness among music professionals on the road. MusiCares believes that fostering resilience on the road requires four core elements: access to resources and information to make informed choices about physical and mental wellness; affordable and timely mental health support; accessible and high-quality medical and physical wellness; and an underpinning of an empathetic and compassionate community on tour.

"The MusiCares Resilience on the Road toolkit is coming out at the perfect time to help support touring professionals sustain their physical and emotional wellness on tour. It is what the touring industry needs right now to help support all the men and women on tour."
Marty Hom, Tour Manager

How to Use the Toolkit

The Resilience on the Road Toolkit is divided into three sections which focus on mental health support, physical and medical health, and growing an enabling and compassionate community on tour. The MusiCares® team designed this toolkit to be informational and interactive. You'll find:

- Information about MusiCares services,
- Resources on mental health, addiction recovery, and physical wellness,
- A suite of curated tools, developed by MusiCares providers, to take you through tailored activities on mental health and wellness,
- "Hit pause" provides daily actions and reflections which challenge you to do just that...hit pause on your mind, on your day and take time for yourself and your mind.
- Additional videos and tips to stay mentally and physically healthy on the road



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Hit Pause

Daily Action

Practicing Intentionality

We have the ability to set the tone for our day and align our responses to the tone we desire. Take time in the morning to decide what you want today to be. Write yourself a brief note. Identify two times during the day to “check-in” with yourself to ensure you are re-connecting to your intentions for the day.

Reflection

Today you were pro-active in creating the day you wanted to have. While the day will not always end with the intention we set forth in the morning, we have more control than we realize.

As you take time to reflect on the day, consider::

- What did it feel like to be intentional about creating the day you wanted?
- Did it feel easy or difficult?
- Were there external factors that challenged your intentionality?
- What did you learn that you will take with you tomorrow?

SECTION 1:

ACCESSIBLE MENTAL HEALTH SUPPORT

The MusiCares® Wellness in Music Survey

STRESS AND ANXIETY

MusiCares conducts an annual Wellness in Music survey, which takes a pulse on the overall mental, physical and financial health of responding music professionals.

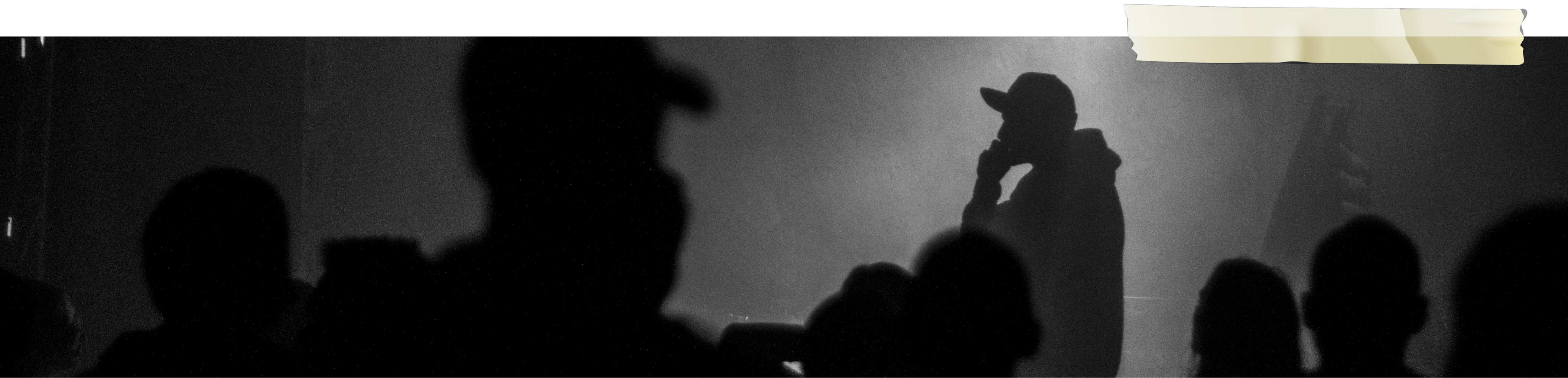
Across our surveys from 2020-2023, our results demonstrated:

- **45-61%** of respondents experience moderately high to very high financial stress on a regular basis.
- **64-66%** of respondents describe their overall stress levels as moderately high to very high.
- **56-65%** of respondents experience moderately high to very high anxiety.

While the COVID-19 pandemic is normalizing, the financial stress, anxiety and overall stress that music professionals are experiencing is not.

MUSICARES® MENTAL HEALTH AND ADDICTION SERVICES FOR MUSIC PROFESSIONALS

MusiCares provides financial assistance for music professionals to access in and out-patient treatment for substance use and psychotherapy. MusiCares works with a network of evidence-based treatment centers and therapists across the United States. Each week, MusiCares offers eleven weekly virtual support groups for those seeking emotional support, as well as individuals in recovery. Additional details are available here: [Ongoing Support Groups](#)





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Touring can both be lonely and overwhelming. You can be surrounded by people at all times, however, still feel completely alone. It can be a very isolating experience. It is important to take your mental health seriously. It's very easy to get lost in a group of people so prioritize making some time for yourself wherever you can fit it in, this can be the 15 minutes after doors or on an afternoon off. Find the little things that bring you joy and add them in to your day whether it's a cup of coffee drunk in peace or a call home. Check in with yourself and get to know when the pressure/ stress is getting too much. Learn and then recognize the signs and if needed take some time for yourself or reach out to your support network. If you don't have a support network, get one.

Debbie Taylor, Touring Production Coordinator working with artists including Guns N' Roses, ACDC, BTS, Black Sabbath & The Rolling Stones

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UNDERSTANDING OUR **MENTAL HEALTH**

Mental health includes our emotional, psychological and social well-being. It affects how we think, feel and act. It also may determine how we handle stress, relate to others and make choices.

Poor mental health and mental illness are not the same thing. We may experience poor mental health without having a diagnosable mental illness.

Our mental health can change over time depending on many factors, including professional, personal, financial and physical stress.

Mental and physical health are equally important to our overall health. Mental health can positively or negatively affect our physical health, and vice versa.

UNDERSTANDING MENTAL ILLNESS

1 in **8** people worldwide have a mental illness. The global COVID pandemic is estimated to have caused a **26-28%** global increase in anxiety and depressive disorders.

While anxiety and depression are the most well-known mental illnesses, there are **over 200** identified mental illnesses. A list is available here:

<https://medlineplus.gov/mentalhealthandbehavior.html>

Mental illnesses may be caused by early adverse life events (trauma, abuse, witnessing violence), chronic medical conditions, biological and chemical imbalances, use of drugs or alcohol, and feelings of isolation.

Hit Pause

Mental health and mental wellness are used interchangeably. While closely aligned, they represent different ideas.

Mental health is the broad term used to describe our emotional, psychological and social well-being.

Mental wellness refers to an active process that allows us to build and grow our resilience. Mental wellness is about coping with stressors and creating resilience in the face of stress, anger, disappointment, and fear. It is also about developing a deeper understanding of how our mind works.

We can foster and grow our mental wellness.

Reflection

As you consider the distinction between mental health and mental wellness, consider:

- What does mental wellness mean to you and in your life?
- If you consider a time in your life that felt mentally well, what did that entail?

COMMON MH ISSUES, FROM NIMH

UNDERSTANDING ANXIETY

GENERALIZED ANXIETY DISORDER

Generalized anxiety disorder (GAD) usually involves a persistent feeling of anxiety or dread, which can interfere with daily life. It is not the same as occasionally worrying about things or experiencing anxiety due to stressful life events. People living with GAD experience frequent anxiety for months, if not years.

Symptoms of GAD include:

- Feeling restless, wound-up, or on-edge
- Being easily fatigued
- Having difficulty concentrating
- Being irritable
- Having headaches, muscle aches, stomachaches, or unexplained pains
- Difficulty controlling feelings of worry
- Having sleep problems, such as difficulty falling or staying asleep

PANIC DISORDER

People with panic disorder have frequent and unexpected panic attacks. Panic attacks are sudden periods of intense fear, discomfort, or sense of losing control even when there is no clear danger or trigger. Not everyone who experiences a panic attack will develop panic disorder.

During a panic attack, a person may experience:

- Pounding or racing heart
- Sweating
- Trembling or tingling
- Chest pain
- Feelings of impending doom
- Feelings of being out of control

People with panic disorder often worry about when the next attack will happen and actively try to prevent future attacks by avoiding places, situations, or behaviors they associate with panic attacks. Panic attacks can occur as frequently as several times a day or as rarely as a few times a year.

SOCIAL ANXIETY DISORDER

Social anxiety disorder is an intense, persistent fear of being watched and judged by others. For people with social anxiety disorder, the fear of social situations may feel so intense that it seems beyond their control. For some people, this fear may get in the way of going to work, attending school, or doing everyday things.

People with social anxiety disorder may experience:

- Blushing, sweating, or trembling
- Pounding or racing heart
- Stomachaches
- Rigid body posture or speaking with an overly soft voice
- Difficulty making eye contact or being around people they don't know
- Feelings of self-consciousness or fear that people will judge them negatively

COMMON MH ISSUES, FROM NIMH

UNDERSTANDING DEPRESSION

DEPRESSION

There are different types of depression, some of which develop due to specific circumstances.

- **Major depression**, which includes symptoms of depression most of the time for at least 2 weeks that typically interfere with one's ability to work, sleep, study, and eat.
- **Persistent depressive disorder** (also called dysthymia), which often includes less severe symptoms of depression that last much longer, typically for at least 2 years.
- **Perinatal depression**, which occurs when a woman experiences major depression during pregnancy or after delivery (postpartum depression).
- **Seasonal affective disorder**, which comes and goes with the seasons, typically starting in late fall and early winter and going away during spring and summer.
- **Depression with symptoms of psychosis**, which is a severe form of depression where a person experiences psychosis symptoms, such as delusions (disturbing, false fixed beliefs) or hallucinations (hearing or seeing things that others do not see or hear).

DEPRESSION

If you have been experiencing some of the following signs and symptoms most of the day, nearly every day, for at least two weeks, you may be suffering from depression:

- Persistent sad, anxious, or “empty” mood
- Feelings of hopelessness, or pessimism
- Feelings of irritability, frustration, or restlessness
- Feelings of guilt, worthlessness, or helplessness
- Loss of interest or pleasure in hobbies and activities
- Decreased energy, fatigue, or feeling "slowed down"
- Difficulty concentrating, remembering, or making decisions
- Difficulty sleeping, early morning awakening, or oversleeping
- Changes in appetite or unplanned weight changes
- Thoughts of death or suicide, or suicide attempts
- Aches or pains, headaches, cramps, or digestive problems without a clear physical cause that do not ease even with treatment
- Suicide attempts or thoughts of death or suicide

Tools

Please use the links below to access self-screening tools for depression in English and Spanish. These simple tools can be the first step in understanding your mental health and accessing help.

[Depression Test - Free mental health tests from Mental Health America \(mhanational.org\)](#)
(English)

[Test de depresión - Pruebas gratuitas de salud mental | MHA Screening \(mhanational.org\)](#)
(Spanish)

COMMON MH ISSUES, FROM NIMH

UNDERSTANDING

PHOBIA-RELATED DISORDERS

PHOBIA

A phobia is an intense fear of—or aversion to—specific objects or situations. Although it can be realistic to be anxious in some circumstances, the fear people with phobias feel is out of proportion to the actual danger caused by the situation or object.

People with a phobia:

- May have an irrational or excessive worry about encountering the feared object or situation
- Take active steps to avoid the feared object or situation
- Experience immediate intense anxiety upon encountering the feared object or situation
- Endure unavoidable objects and situations with intense anxiety

There are several types of phobias and phobia-related disorders:



SOCIAL ANXIETY DISORDER

(previously called social phobia): People with social anxiety disorder have a general intense fear of, or anxiety toward, social or performance situations. They worry that actions or behaviors associated with their anxiety will be negatively evaluated by others, leading them to feel embarrassed. This worry often causes people with social anxiety to avoid social situations.

Social anxiety disorder can manifest in a range of situations, such as within the workplace or the school environment.

SEPARATION ANXIETY DISORDER

Separation anxiety is often thought of as something that only children deal with; however, adults can also be diagnosed with separation anxiety disorder. People who have separation anxiety disorder have fears about being parted from people to whom they are attached. They often worry that some sort of harm or something untoward will happen to their attachment figures while they are separated. This fear leads them to avoid being separated from their attachment figures and to avoid being alone. People with separation anxiety may have nightmares about being separated from attachment figures or experience physical symptoms when separation occurs or is anticipated.

COMMON MH ISSUES, FROM NIMH

UNDERSTANDING GRIEF

GRIEF

Grief is a natural and personal experience and reaction to loss. It is not linear. It has the ability to impact a person in ways such as emotional, cognitively, physically, behaviorally, spiritually, and socially. Grief can result in feeling or becoming dissociated, numbed, or simply not present. The duration in the process varies-everyone grieves at their own pace.

It is important to note that there are commonalities of how humans experience grief, as well as a variety of ways that humans express grief. The grief experience is not linear. Grief is also processed differently due to individual, cultural, social and religious beliefs and practices.

While we often associate grieving with death, many experiences may result in feelings of loss and grief. These include

- Loss of a relationship (romantic, friendship etc.)
- Loss of a job
- Loss of a home
- Change in health diagnosis
- Loss of identity
- Environmental change
- Change in relationship dynamic
- Loss of an animal
- Financial loss

Symptoms of grief can include:

- Physical Symptoms:
- Dry mouth
- Shortness of breath
- Tightness in the throat or chest
- Oversensitivity to noise
- Hollow stomach
- Nausea
- Lack of energy/Fatigue

GRIEF - *Tools*

The following are tools to process grief. Remember that many experiences may cause feelings of grief.

- Journal your grief process-What are your feelings today? What changes have you noticed about yourself in this process? What memories are coming up? What are some themes? What pleasant thoughts come up? What are some complexed emotions that arise?
- Therapy- Seek a therapeutic relationship with a grief counselor or therapist. MusiCares can help to connect you with professionals who specialize in grief support.
- Visit safe environments: What environments make you feel at peace? What environments help you to feel alive? What environments allow you to feel connected?
- Healthily purge your emotions vs withholding them: Suppression only stifles the process, which can metastasize into deeper pain, and dysregulation of emotions. This can also affect your physical, mental, and emotional health.
- Self-care-Basic daily regiments are helpful, such as eating regularly, staying hydrated, taking care of your hygiene. See the resources from Kathryn Schwartz in the following pages to create your own self-care routine.
- Staying educated about grief can help- this can also serve as preventative care to avoid decline in mental health/health.
- Stay connected-Build a healthy community for yourself and inform them of your needs and current state.



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I focus on my mental health on tour by taking advantage of my off days to not just sleep in, but recenter and actively practice gratitude. I make sure I sit and have a proper, balanced meal. If possible, I'll walk to the restaurant to take in some nature and sun. Connecting with nature not only energizes me, it reminds me that there is a whole world outside of the four walls of a venue or tour bus that I should safely explore and connect with.

Amanda Davis, FOH Engineer

”

Hit Pause

Daily Action

Our mental health is affected by both objective and subjective factors. Objective factors include life necessities that impact our safety, health and security. Subjective factors include our perception and response to situations and events as they arise.

While we cannot always control what we encounter, we can often control our response to situations. As you go throughout your day, identify three situations in which you noticeably have a response. This could be a positive or negative response. Note these quickly to reflect on at the end of the day.

Reflection

Today you pro-actively noted how you responded to different situations throughout your day. Taking the time to stop and think about how you are reacting in any situation is such an important tool to understanding ourselves and our stressors. This allows us to re-assess our responses and consciously choose to change patterns.

As you reflect on your response to the three situations today, consider:

- How did your reaction make you feel, emotionally and physically?
- What caused the response or reaction you had?
- Was your reaction based on the situation itself, or something that happened earlier in the day?
- Is there another way you could have viewed the situation?

MusiCares[®] and Breathwork for Recovery

Old Behaviors. New Perspectives.

MusiCares has partnered with Breathwork for Recovery to offer Breathwork services to MusiCares clients. Breathwork for Recovery[®] is the first and only national organization comprised of certified mental health breathwork professionals with special training in trauma and recovery from substance use disorder, chemical dependency, eating disorders, compulsive behaviors, and other mental health issues.

Breathwork is a simple and effective breathing practice that quiets the busy chatter of the mind and makes it easier to feel connected to your body, while allowing the emotions we've suppressed (each and every one, not just the hard ones) to bubble up to the surface. Doing breathwork gives you an opportunity to process some of the tougher emotions, such as panic, shame, melancholy, grief, and sorrow. The ones you've run from, hidden, numbed, and shoved down in your belly, hoping they'd just go away. By working through these emotions, you'll not only feel less burdened, but you might just find that underneath it all is the peace and relief you've been searching for your whole life – and has been within you the whole time.

Breathwork also offers its participants valuable personal perspective and psychological insight about toxic patterns and harmful behaviors. Throughout a session, it's not uncommon to discover and access personal forgiveness, weed out destructive negative core beliefs that hinder your growth, see beyond complex life choices, and, perhaps most profound of all, feel more connected to yourself and others.

The true beauty of what breathwork affords us is access to a healing modality that requires no previous experience, specific tools, or financial means to engage with it. All you need is the ability to breathe and the willingness to feel your feelings (and confront your own resistance). That's it. Its impact is immediate and speaks for itself. You can feel as skeptical as you need to. Just be willing to do the work.

To access Breathwork for Recovery services through MusiCares, please email: musicaresrelief@musicares.org





MEDITATION FOR MENTAL HEALTH

From the National Institutes of Health: Meditation has a history that goes back thousands of years, and many meditative techniques began in Eastern traditions. The term “meditation” refers to a variety of practices that focus on mind and body integration and are used to calm the mind and enhance overall well-being. Some types of meditation involve maintaining mental focus on a particular sensation, such as breathing, a sound, a visual image, or a mantra, which is a repeated word or phrase. Other forms of meditation include the practice of mindfulness, which involves maintaining attention or awareness on the present moment without making judgments.

Meditation and mindfulness practices may have a variety of health benefits and may help people improve the quality of their lives. Recent studies have investigated if meditation or mindfulness helps people manage anxiety, stress, depression, pain, or symptoms related to withdrawal from nicotine, alcohol, or opioids.

[5-Minute Meditation You Can Do Anywhere - YouTube](#)



SUBSTANCE USE DISORDER

Substance use disorder (SUD) is a treatable mental disorder that affects a person's brain and behavior, leading to their inability to control their use of substances like legal or illegal drugs, alcohol, or medications. Symptoms can be moderate to severe, with addiction being the most severe form of SUD.

People with a SUD may also have other mental health disorders, and people with mental health disorders may also struggle with substance use. These other mental health disorders can include anxiety disorders, depression, attention-deficit hyperactivity disorder (ADHD), bipolar disorder, personality disorders, and schizophrenia, among others. For more information, please see the National Institute on Drug Abuse (NIDA) Common Comorbidities with Substance Use Disorders Research Report.

SUBSTANCE USE DISORDER

Though people might have both a SUD and a mental disorder, that does not mean that one caused the other. Research suggests three possibilities that could explain why SUDs and other mental disorders may occur together:

- Common risk factors can contribute to both SUDs and other mental disorders. Both SUDs and other mental disorders can run in families, meaning certain genes may be a risk factor. Environmental factors, such as stress or trauma, can cause genetic changes that are passed down through generations and may contribute to the development of a mental disorder or a substance use disorder.
- Mental disorders can contribute to substance use and SUDs. Studies found that people with a mental disorder, such as anxiety, depression, or post-traumatic stress disorder (PTSD), may use drugs or alcohol as a form of self-medication. However, although some drugs may temporarily help with some symptoms of mental disorders, they may make the symptoms worse over time. Additionally, brain changes in people with mental disorders may enhance the rewarding effects of substances, making it more likely they will continue to use the substance.
- Substance use and SUDs can contribute to the development of other mental disorders. Substance use may trigger changes in brain structure and function that make a person more likely to develop a mental disorder.

SUBSTANCE USE DISORDER

From the National Institute of Mental Health, a brief video on medications available to prevent opioid overdose and treat opioid use disorder



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I am 8 years sober, which plays a large role in my health. Touring is difficult on it's own, and I found alcohol only decreased my overall mental and physical health. My non-negotiable is running - regardless of location or circumstance, I am very disciplined with running. I've ran all over the world, in every weather condition, before sunrise, midday, or 3:00am. If you have time for a smoke break or aftershow beer, then you have time to exercise. Life is full of choices and I choose to run. I have friends who are not capable of walking, so I run with the gratitude that my body allows me to do so, in their honor.

Mark Oglesby, Tour Manager of 22 years, currently with Lady A

”

Building Resilience with Self-Care

MusiCares® is proud to partner with

Kathryn Schwartz,

a trauma-informed life coach and Reiki practitioner.

Self-care takes practice.

Kathryn has created a powerful series of tools for MusiCares to grow resilience on the road. In the following videos, Kathryn will take you through understanding our nervous systems, Reiki as nervous system care, meditations, and building a self-care practice. Take your time to work through these videos, and re-visit them as often as you need. MusiCares is proud to support music professionals to access additional services with Kathryn by emailing musicaresrelief@musicares.org.

Tools

Welcome

[1a. Welcome](#)

[1b. About Kathryn Schwarz](#)

Nervous System Care

[2a. Nervous System Care 101](#)

[2b. Reiki as Nervous System Care](#)

Reiki-Infused Meditations:

[2c. Grounding Reset Reiki Meditation](#)

[2c. Restorative Rest Reiki Meditation](#)

Building Resilience with Self Care Practices

[3. Building Resilience with Self Care Practices](#)

[3a. Create Your Self Care Practice: The Content](#)

[3b. Create Your Self Care Practice: The Measurables](#)

[3c. Implement Your Self Care Practice Successfully](#)

[3d. Next Steps + Resilience on the Road](#)



MUSICARES®

PANEL DISCUSSIONS

When you have some down time on the road, sit back and recharge with MusiCares panel discussions.

- Join MusiCares Client Manager Brendan Berry, Elia Einhorn, Maluca Mala and Moby for a discussion about sobriety and recovery.
[Sober 21 & MusiCares Present Musicians in Recovery](#)
- MusiCares in Partnership with Sounds of Saving presents:
[MEN SPEAK OUT: A Conversation about Mental Health and Suicide Prevention featuring G Herbo \(rapper/songwriter\) and Corbin Dooley \(DJ/producer\)](#)
- [Let's Get Incomodos \(Uncomfortable\): A Discussion About Mental Health in the Latino Community](#)
- [Tour Stop\(ped\): An Honest Conversation With Touring Artists](#)

“

Touring will break you down, wear you out, and reduce your survival mode. I have learned that I need to set the pace myself, build in mental health days, massages, great meals, and include hour long swims at the YMCA and public pools. Prioritizing health on the road is a choice, and little decisions matter.

Mary Gauthier, Singer, Songwriter and Author of “Saved by a Song”

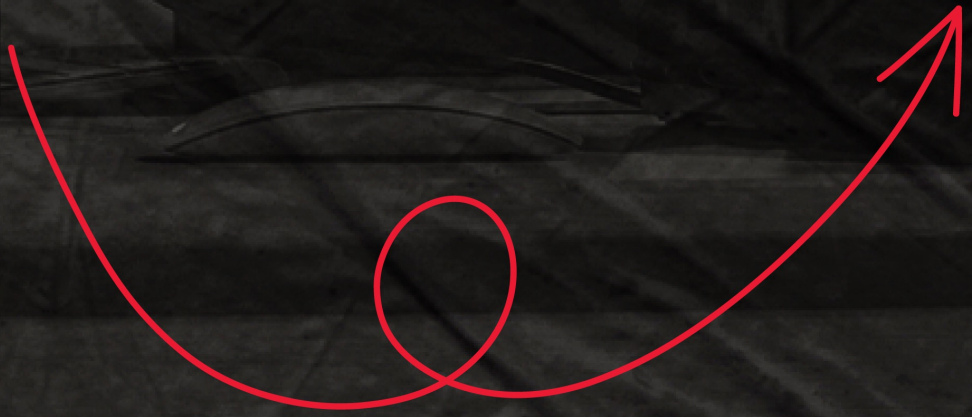
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ADDITIONAL RESOURCES

- An extensive list of mental health and substance use resources are available on the MusiCares® website, including a number of targeted resources for women, Black, Latino and LGBTQIA+ individuals. [MusiCares Helpful Resources | MusiCares.org](#)
- [Sober Podcasts](#): A collection of sober-focused podcasts touching on individual experiences, wellness and recovery
- Substance Abuse and Mental Health Services Administration National Helpline: SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in [English](#) and [Spanish](#)) for individuals and families facing mental and/or substance use disorders.
1-800-662-HELP
- [Passenger Recovery](#) offers a number of online resources for touring professionals in recovery, including online weekly recovery meetings and a directory to find a meeting near you.
- The UCLA Mindful Awareness Research Center (MARC) have created a series of free, online meditations available in several languages, available at the link below. These meditations range from 3-19 minutes.
[Guided Meditations - MARC | UCLA Health](#)

SECTION 2:

ACCESSIBLE PHYSICAL AND MEDICAL WELLNESS SUPPORT



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Touring kicks your butt both mentally and physically. Being away from your home, your loved ones & your routines makes it hard to function as you usually would. Throw in the demands of travel, long days, no sleep and no time to yourself and it's no wonder that stress & anxiety levels are through the roof. On the flip side there are very few of us who work in this industry for a paycheck alone. Touring is a passion, and it fulfills many of our needs, just not usually the healthy ones.

Debbie Taylor, Touring Production Coordinator working with artists including Guns N' Roses, ACDC, BTS, Black Sabbath & The Rolling Stones

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Hit Pause

Daily Action

Mindful Nutrition

The foods we chose can nourish, energize and calm us, or they can, quite literally, inflame us. Prioritize feeding your body well today as an act of self-love and care. Choose colorful fruits and vegetables, lean proteins, and minimize sugar. Challenge yourself to try a new or local taste. Take note of the way you feel, the way your body and mind respond throughout the day to the foods you choose.

Reflection

Today you made the choice to nourish your body, and our nutrition affects our mind. Maybe it wasn't perfect, and that is OK.

As you take time to reflect on your day, consider:

- How are you grateful for your body?
- How did it feel to be intentional about taking care of your body today?
- What will you do to take care of your body tomorrow?

MUSICARES® HEALTH SERVICES

MusiCares provides financial assistance to assist with medical needs and expenses. In addition to financial assistance, MusiCares works with a network of health providers throughout the United States to offer high-quality preventative care to music professionals. These include:

- **Hearing Health:** Music professionals are four times as likely as the general public to suffer hearing loss, yet access to hearing prevention and treatment health remains a barrier for many individuals working in music. MusiCares has partnered with Tuned, a highly-innovative hearing health tele-platform, to provide hearing diagnostic and treatment services virtually. Supported by world-class audiologists, MusiCares clients can access Tuned services on their schedule from anywhere.
- **Smoking Cessation:** In partnership with Optum Quit 4 Life, MusiCares clients can receive structured support to quit the use of tobacco and vaping products free of charge.
- **Musicians as Athletes:** Music is a physically-demanding profession, and many musicians experience injuries after years of repetitive movement. For many professionals working in music, years of heavy lifting and physical demands on the road can result in career-threatening injuries. MusiCares works with chiropractors, physical therapists and trainers throughout the country to offer physical therapy to address injuries, as well as preventative exercises to mitigate risk.
- **Preventative medical, dental and vision care:** MusiCares provides eligible music professionals with no-cost access to preventative health services through a network of national providers. These include, but are not limited to, medical screenings, vision screenings and eyeglasses (as needed), and dental check-ups and cleanings.

To access MusiCares health clinics, please visit the Events page on the MusiCares website: [MusiCares Events | MusiCares.org](https://www.musicares.org/events)

ONLINE EXERCISE RESOURCES



Yoga with Adriene

Adriene Mishler is one of the first teachers to offer free yoga on YouTube when YouTube was just starting to grow in the early 2000s. Since then, she's grown to an audience of over 11 million and has been featured in publications around the world. Still, her content on YouTube remains free: [@YogaWithAdriene](#). She also has a version of her YouTube content for Spanish speakers: [@YogaconAdrieneenEspaño](#). Adriene's channel can be a comfortable entry point into yoga and she offers a little bit of everything in her classes.



Jessamyn Stanley or The Underbelly Yoga

[@JessamynStanley - Youtube](#)

Jessamyn Stanley is a yoga teacher and body positivity advocate and writer. She gained recognition through her Instagram posts showing her doing yoga as a "plus-size woman of color," who self-identifies as a "fat femme" and "queer femme."

THE 7-MINUTE WORKOUT

Try this proven routine from anywhere with no equipment required:



GAS STATION SNACKS TO KEEP YOU HEALTH(IER)

- Fresh whole or cut fruit
- Nuts and seeds
- Cheese sticks
- Hard-boiled eggs
- Yogurt
- Cut veggies with hummus
- Peanut butter with veggies or crackers
- Protein bars
- Oatmeal cups (add hot water near the coffee/tea section)

“

Keep the body in motion. When we are somewhere we can get outside and go for a hike or run, that is always ideal. Or If it's stretching from a seat of the plane or dropping and doing a handful of push-ups, I try to make everything an opportunity to get stronger. Both physically and mentally.

Stephanie Quayle, Artist

”



Music industry professionals are a uniquely vulnerable population, with hearing loss having an impact on quality of life, communication, work ability, and in turn employability. Musicians are almost four times more likely to suffer noise-induced hearing loss and **57% more likely** to suffer from tinnitus than the general population, while the reported incidence of music induced hearing disorders within the broader music industry varies widely from **30% to 74%**.

Music creators rely on their ability to hear sounds clearly for their career, this creates an additional and unique set of challenges that the average person doesn't experience. The music community's heightened awareness of sound leads to a more intrusive impact on their wellbeing.

Music industry professionals are generally reluctant to discuss the topic of hearing loss. For those in the industry, hearing loss can yield career-ending side effects due to high sound level exposure. There is an element of shame and embarrassment associated with tinnitus and other hearing disorders. Those impacted can feel as if they may be performing worse than their peers in the industry, or doubt their own skill. Some also feel that their job could be at risk if others found out about their hearing loss.

Common hearing issues for music professionals include:

- **Tinnitus:** Tinnitus is the sound of ringing, roaring, buzzing, hissing, or clicking that occurs inside the head. More about tinnitus: [**Video Linked Here**](#)
- **Hearing loss:** Hearing loss is possible when any part of the inner, middle or outer ear is not functioning properly, and may range from mild to profound. Hearing loss may also occur in one (unilateral) or both ears (bilateral), and at the same or different severity in each ear. The onset of hearing loss may be gradual or sudden, and for some individuals, may also fluctuate over time.

Learn more about hearing health, common hearing issues music professionals face, and Tuned services in our [**Tuned x MusiCares conversation: MUSIC to our EARS | A Conversation with MusiCares - YouTube**](#)

Food as Medicine

MusiCares® is proud to partner with

Dr. Mark Hyman,

a physician and pioneer in re-shaping our understanding of
the power of food and health. .

He's been instrumental in growing awareness of food and nutrition as
medicine and challenging the way we think about preventing and treating
disease.

Our nutritional health and the foods we choose impact our emotions, our
energy, our sleep and our immune systems. While on the road, the foods
we choose have the ability to grow our resilience or zap it.

Tools

Visit Dr. Mark Hyman's website for an
excellent selection of podcasts, videos,
newsletters and information.

<https://drhyman.com/>

Hit Pause

Daily Action

Take it Outside

We share DNA with the nature that surrounds us, and this connects us, consciously and unconsciously. Take at least 30 minutes today to be outside, regardless of the elements and without your devices. This could mean walking around the city, a park or even a rest stop.

Break it into outdoor snacks if needed. Walk, sit, observe, and be a part of it. The world can wait until you are back.

Reflection

Today you made the choice to step away and be outside. Whether you did this in outdoor snacks or for a longer period of time, take a moment to reflect on how this impacted your day.

- What did you notice when you stepped away and outside?
- What did you think about or not think about?
- How do you feel when you returned to your hustle and bustle of the day after your break?

Staying Music Strong

MusiCares® is proud to partner with

Angela McCuiston,

founder of Music Strong, to offer access to tailored training resources for music professionals.

Music is a physical industry.

Our physical strength, agility and flexibility are essential to sustaining a healthy tour and career in music. Yet, music professionals don't always have access to the information and specialized expertise to prevent and recover from injury.

Tools

Read more about Angela and Music Strong here:
musicstrong.com

Access additional information through
Angela's You Tube channel here:
[@MusicStrongFitness](https://www.youtube.com/@MusicStrongFitness)

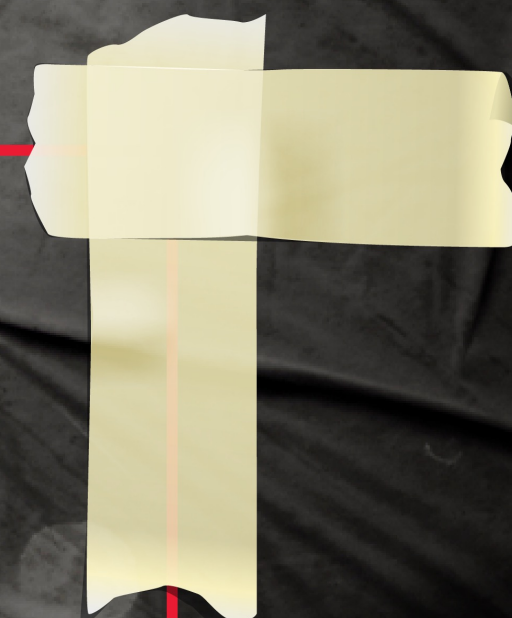
Access free introductory corrective workouts here:
[Instrument Specific Workouts](#)

MusiCares clients are eligible to receive Angela's book, the Musicians Essential Exercises, and Angela's suite of downloadable sessions free of charge. To access these, please reach out to
musicaresrelief@musicares.org

“

Here are my tricks, as touring can tap out the best of us: Have an eating plan that includes plant-based meals, limit late night bus food binges and keep a regular exercise routine. Even just walking can make all of the difference. Pizza, beer and truck stop chips are not your friend (very often!) This keeps my head screwed on straight.


Stuart Ross, Tour Manager/Tour Accountant



”

SECTION 3:

ENABLING AND COMPASSIONATE COMMUNITY



Feeling Lonely? You're Not Alone

In May 2023, the United States Surgeon General released an advisory on social isolation and loneliness. The lack of social connection is at public health crisis levels. Even before the COVID-19 pandemic, the advisory reports that half of U.S. adults reported measurable levels of loneliness.

Loneliness is more than a feeling. The Surgeon General reports that “the physical health consequences of poor or insufficient connection include a **29%** increased risk of heart disease, a **32%** increased risk of stroke, and a **50%** increased risk of developing dementia for older adults. Additionally, lacking social connection increases risk of premature death by more than **60%.**”

When on tour, we are often with our road family and disconnected from our other loved ones, friends, and social network. Being on the road requires being very intentional about staying connected. Here are some tips to do that:

- Create spaces and moments that allow you to connect and have fun together. It can be a 2-minute break or dinner together. Touring is intense and the hours are long, so make moments for socially stay connected. And make these moments inclusive. Think about connecting in ways that include sober team mates too.
- Connect with old friends as you are on the road. As you zig zag across the country or world, take these opportunities to grab a coffee or walk with an old friend or family in different geographies.
- Volunteer. Be a mentor. Extensive evidence shows how doing good for others can make us feel great.
- Give your texting fingers a rest and call someone. While texting has its benefits, take the time to hear each other's voice.
- Work with people you like and respect. We can't always choose who we work with, and that may feel like a luxury. But when you can, prioritize surrounding yourself with people you actually want to be around.
- Be willing to share with others. Talk about your dog, the TV show you know everyone watches and is ashamed to admit to, your last vacation. Building connections means being open to connecting, on big topics and small ones.

“

I love touring with band and team members who share similar values of health and wellness with me. That way, we can make time for daily movement, eating well and resting together as a team. When we are all on the same page, it makes up keeping healthy values a shared priority, making touring more sustainable and enjoyable.

Madame Gandhi, Artist & Activist

”

Hit Pause

Daily Action

Whether we are introverts or extroverts, social interaction and connectedness are human needs. Healthy and supportive social interaction reduces anxiety, stress, depression and degenerative cognitive diseases.

The COVID-19 pandemic made our worlds less social, and breaking out of that three-year habit is not always easy. For some of us, it can be downright terrifying.

As you go about your day today, increase your awareness on how you socially connect. Encourage yourself to interact with a colleague, friend or even stranger socially. This could be calling an old friend, making lunch plans or even chatting in line at the coffee shop to a stranger. Take today to connect or re-connect in a new way.

Reflection

Today you took the time to be aware of how we connect to others. For many of us, this is a muscle that needs to be re-built. Allow yourself space and time to do this.

As you reflect on being social, consider:

- What energizes you when you interact with people you admire, like or love?
- Who are three people in your life who make you laugh and make you happy? When was the last time you connected with them?
- Are your daily practices reinforcing social connectedness? Or might they be reinforcing isolation?
- What are small changes you can make to re-build social connectedness?



THE CORE

Dr. Lyn Rowbotham, an expert in psychology and a MusiCares® provider, developed the “CORE 4.” The CORE 4 are areas of relationships to consider while on the road.

Dr. Rowbotham reminds us to keep these simple and don't add more to overwhelm what may already be a hectic schedule.

The CORE 4 include:

- Relationship with self
- Relationship with family/partner
- Relationship with band mates
- Relationship with friends/supportive people

The CORE 4 may align for you in any specific order and may fluctuate based on the day, time and situation. The CORE 4 are meant to be flexible, can be adjusted and should include health boundaries. They are also connected and one can affect the other.

THE CORE

RELATIONSHIP WITH SELF:

The relationship with self includes self-care across emotional, physical and spiritual areas.

- **EMOTIONAL** well-being (use fee app, Insight timer for excellent guided meditations for just about anything...sleep, calm, anxiety, depression, yoga etc.). If you're working with a therapist ask them to put together a list of coping skills you can take with you that are customized for your needs. Use holistic techniques and mindfulness to keep stress and anxiety managed.
- **PHYSICAL** well-being (Keep it simple, be aware of healthy eating when possible, drink a lot of water, exercise...even stretching and a short walk helps). Explore and learn about the town you're in on your days off instead of possibly staying in your hotel or on bus. Be in nature as much as possible, look for the parks.
- **SPIRITUAL** well-being. If you have a spiritual practice, it's important to continue while on the road.
- If you're in **RECOVERY** stay connected to a sponsor with check ins, attend online meetings or look for meetings along the way, connect with other sober musicians also touring and create group chat for check ins, community and support.

RELATIONSHIP WITH FAMILY/PARTNER:

- Prior to leaving discuss the needs each of you have while you're away. Will there be an expectation of daily contact, if so how often and in what ways? Does someone need more space while managing home life or on the road? What will support look like? Using a "need based" framework you can all explore how to best support each other and how it will look. This also includes applying healthy boundaries. Collaborate and look for solutions while you plan.
- Transition time between end of tour and arriving home. 24-48 hrs to decompress and shift gears from one to the other.
- Use transition time to lean into self care.
- Depending on their ages, there are ways to help children feel connected to a parent on the road. One is before leaving write in cards or create drawings with messages they can open each week, etc. They can also do the same for you to take on the road.

THE CORE

RELATIONSHIP WITH BAND MATES:

- Communication should always be kept respectful, real and honest.
- Before leaving, agree on how you will address conflicts and resolve any issues. It's important for all to be on the same page and follow that same "format".
- Be solution focused more than who's right or wrong.
- Remember that you have control over your own perception of something and how you respond to it, you can't control this for anyone else.
- Be aware that we all have different communication styles.
- Let your band mates know what kind of support you need from them and ask how you can also be supportive.
- Take a copy of The Four Agreements book with you.

RELATIONSHIP WITH FRIENDS/SUPPORTIVE PEOPLE:

- This includes anyone that you have a healthy and supportive relationship with.
- Don't overextend yourself with committing to levels of availability that are not realistic.
- A sponsor or therapist would be in this category; check ins can be a great support while out on the road.

“

I've learned to be very vocal of what I need. If I need a break? I take it. There is nothing on tour that makes me believe it's more important than my health and wellbeing. I've gotten to a point finally believing that the world won't fall apart if I miss a show. Took a long time to get there but being able to vocalize that has been huge. I want to continue to love what I do and know that if I'm not in a good place, that it seeps into the people around me.

Angie Warner, Tour Manager for Post Malone and Western Tour Manager for BTS

”

SECTION 4:

ADDITIONAL MC SERVICES



USING NALOXONE TO PREVENT OPIOID OVERDOSES

In partnership with TEMPO, MusiCares® offers free training on the use of naloxone, also known as the brands NARCAN and Kloxxado, to prevent opioid-caused overdoses and death. MusiCares also supplies naloxone nasal spray for training participants.



A black and white photograph of a microphone on a stand in a dark room. A spotlight shines down on the microphone from above, creating a bright beam of light. The background is dark and textured.

If you are a music professional
in need of MusiCares' assistance,
contact us at **800.687.4227** or
musicaresrelief@musicares.org