

Health and Safety Guidelines*

Introduction

This document is intended as a resource for students and faculty regarding musicians' health and safety. Students experiencing issues related to their physical or mental well-being, especially regarding/affecting their musical or academic performance, are encouraged to seek the advice of a health care professional in the student health center, counseling center or from the student's family physician. Faculty, including applied instructors, cannot diagnose, nor recommend treatment in such instances, but can serve as a resource to obtain the necessary treatment.

General Tips for Musicians

- Warm up before playing
- Avoid sudden increases in practice time
- Take frequent breaks to stretch and relax
- Protect hearing
- Incorporate mental rehearsal
- Maintain enough sleep and nutrition to reduce your risk of injury
- Seek help when needed

Hearing

Hearing health is an essential part of being a musician and noise induced hearing loss is largely preventable. The department provides ear plugs for use while making music. Dispensers are located in various places throughout the building (e.g., 145, 210). The department does not provide custom molded ear plugs. Students and faculty interested in purchasing custom molded ear plugs may benefit from seeking advice from a medical professional (e.g., audiologist, family physician). The following materials, organizations, and/or websites may be helpful in learning to mitigate noise induced hearing loss:

Hearing Health Foundation – <https://hearinghealthfoundation.org>

NASM PAMA – [Protecting Your Hearing Health: Student Information Sheet on Noise-Induced Hearing Loss](#)

NASM PAMA – [Protecting Your Hearing Every Day](#)

NASM PAMA – [Basic Information on Hearing Health: Information and Recommendations for Faculty and Staff in Schools of Music](#)

NIDCD – <https://www.nidcd.nih.gov>

Physical/Vocal Health

Musicians rely on their bodies as their primary instruments, making physical strength, endurance, and vocal health essential to their artistry and longevity. The materials, organizations, and/or websites below provide guidance on injury prevention, vocal care, performance wellness, and overall health. By fostering awareness and providing practical, evidence-based resources, we aim to help our faculty and students sustain their craft, enhance their performance, and maintain lifelong well-being.

Alexander Technique – <https://www.alexandertechnique.com>

Athletes & the Arts Initiative – <https://www.athletesandthearts.com>

Body Mapping for Musicians – <https://www.bodymap.org>

NASM PAMA – [Protecting Your Vocal Health: Student Information Sheet](#)

NASM PAMA – [Protecting Your Neuromusculoskeletal Health: Student Information Sheet](#)

NASM PAMA – [Protecting Your Neuromusculoskeletal and Vocal Health Every Day: Information and Recommendations for Student Musicians](#)

NASM PAMA – [Basic Information on Neuromusculoskeletal and Vocal Health: Information and Recommendations for Faculty and Staff in Schools of Music](#)

*As an agency of the state of North Carolina, the Department/University makes no endorsements of any specific websites, products, corporations, or organizations included.

Performing Arts Medicine Association (PAMA) – <https://artsmed.org>
The Musician's Way – <https://www.musiciansway.com>
UNC Charlotte Student Health Center - <https://studenthealth.charlotte.edu/>

Mental Health and Emotional Well-being

It is common for college students to experience challenges that may interfere with academic success such as academic stress, sleep problems, juggling responsibilities, life events, substance misuse concerns, relationship concerns, or feelings of anxiety, hopelessness, or depression. If you or a friend is struggling, we strongly encourage you to seek support. Helpful, effective resources are available on campus at no additional cost.

- Visit the Counseling and Psychological Services (CAPS) website at caps.charlotte.edu for information about the broad range of confidential on-campus mental health services, online health assessments, hours, and additional information.
- Call CAPS at (704) 687-0311 if interested in scheduling an appointment with a counselor. After-hours crisis support is also available through this phone number.
- Contact the Center Wellness Promotion at (704) 687-7407, by email at wellness@charlotte.edu or visit the website at wellness.charlotte.edu for more information on how to develop healthy attitudes and behaviors as it relates to relationships, mental health, alcohol, tobacco, or other drugs and sexual health.

Additional Crisis Resources

- 988 Suicide & Crisis Lifeline – Call or text 988 – <https://988lifeline.org>
- Crisis Text Line – Text HOME to 741741 – <https://www.crisistextline.org>

Basic Needs

UNC Charlotte defines "basic needs" as those needs that, when unmet, can hinder students' ability to focus on and successfully complete their academic and musical studies. Basic needs include food security, housing security, transportation, health and wellbeing, technology, and child care. Any student who experiences difficulty in one or more of these areas is urged to contact the [Student Assistance and Support Services \(SASS\) Office](#) for support with navigating campus and community resources. Students can also consult the [Niner Needs website](#) for a list of helpful resources designed to address student needs.

Musicians' Health Reading List

Bruser, Madeleine. *The Art of Practicing: A Guide to Making Music from the Heart*. 2013.

Andrews, Elizabeth. *Muscle Management for Musicians*. Scarecrow Press, 2012.

Berenson, Gail, et al. *A Symposium for Pianists and Teachers: Strategies to Develop the Mind and Body for Optimal Performance*. Heritage Music Press, 2002.

Buswell, David. *Performance Strategies for Musicians*. MX Publishing, 2006.

Conable, Barbara. *What Every Musician Needs to Know about the Body: The Practical Application of Body Mapping and the Alexander Technique to Making Music*. Chicago, IL: GIA Publications, 2004.

Conable, Barbara, & Conable, William. *How to Learn the Alexander Technique: A Manual for Students*. Andover Press, 1995.

Cornett, Vanessa. *The Mindful Musician: Mental Skills for Peak Performance*. Oxford, 2019.

Davies, D. G., Jahn, A. F., & Keidar, A. *Care of the Professional Voice: A Guide to Voice Management for Singers, Actors, and Professional Voice Users*. London, England: Routledge, 2020.

Davis, Eshelman, and McKay. *The Relaxation and Stress Reduction Workbook, 6th edition*. Oakland, CA: New Harbinger Publications, 2008.

- Dawson, William. *Fit as a Fiddle*. Rowman and Littlefield, 2008.
- Deahl, Lori, & Wristen, Brenda. *Adaptive Strategies for Small-Handed Pianists*. Oxford, 2017.
- Emmons, S., & Thomas, A. *Power Performance for Singers: Transcending the Barriers*. New York: Oxford, 1998.
- Gallwey, W. Timothy. *The Inner Game of Tennis: The Classic Guide to the Mental Side of Peak Performance*. Random House Trade Paperbacks, 2008.
- Gates, Rachael. *The Owner's Manual to the Voice: A Guide for Singers and Other Professional Voice Users*. New York: Oxford, 2013.
- Greene, Don. *Audition Success: An Olympic Sports Psychologist Teaches Performing Artists How to Win*. Routledge, 2001.
- Greene, Don. *Fight Your Fear and Win: Seven Skills for Performing Your Best Under Pressure--At Work, In Sports, On Stage*. Broadway Books, 2002.
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- Jahn, Anthony, ed. *The Singer's Guide to Complete Health*. Oxford, 2013.
- Johnson, Jennifer. *What Every Violinist Needs to Know About the Body*. Chicago, IL: GIA Publications, 2004.
- Jeffers, Susan. *Feel the Fear... and Do it Anyway*. Fawcett Columbine, 2007.
- Kenny, Dianna. *The Psychology of Music Performance Anxiety*. Oxford, 2011.
- Kleinman, Judith, & Buckoke, Peter. *The Alexander Technique for Musicians*. Methuen Drama, 2014.
- Klickstein, Gerald. *The Musician's Way: A Guide to Practice, Performance and Wellness*. New York: Oxford University Press, 2009.
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- Malde, Melissa. *What Every Singer Needs to Know About the Body*. San Diego: Plural Publishing, 2017.
- McAllister, Lesley Sisterhen. *The Balanced Musician: Integrating Mind and Body for Peak Performance*. Scarecrow Press, 2012.
- McAllister, Lesley S. *Yoga in the Music Studio*. Oxford Press, 2020.
- McCoy, Scott. *Your Voice: An Inside View*. Inside View Press, 2019.
- McGrath, Casey, Hendricks, Karin S., and Smith, Tawnya D. *Performance Anxiety Strategies: A Musician's Guide to Managing Stage Fright*. Rowman and Littlefield, 2016.
- Meals, Roy A. *The Hand Owner's Manual*. Virtualbookworm.com Publishing, 2008.

- Moore, Bill. *Playing Your Best When It Counts: Mental Skills for Musicians*. Moore Performance Consulting, 2010.
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- Morton, Jennie. *The Authentic Performer: Wearing a Mask and the Effect on Health*. Compton, 2015.
- Nagel, Julie Jaffee. *Melodies of the Mind*. Routledge, 2013.
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- Savvidou, Paola. *Teaching the Whole Musician: A Guide to Wellness in the Applied Studio*. Oxford, 2021.
- Taylor, Nancy. *Teaching Healthy Musicianship: The Music Educator's Guide to Injury Prevention and Wellness*. Oxford, 2016.
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