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This content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of a physician or other qualified health provider with any questions regarding a medical condition.

Musicians and Mental Health Study

<https://doi.org/10.1177/03057356221096506>

Nervous System

<https://www.massgeneral.org/news/article/vagus-nerve>

<https://my.clevelandclinic.org/health/body/the-gut-brain-connection>

Mindfulness Information

<https://www.apa.org/topics/mindfulness>

<https://oxfordmindfulness.org/live-online-meditations>

<https://www.ummhealth.org/services-treatments/center-mindfulness/guided-meditations>

<https://positivepsychology.com/non-sleep-deep-rest-nsdr/#:~:text=Increased%20psychological%20wellbeing,myriad%20benefits%20of%20deep%20relaxation.>

Yoga Nidra: <https://pmc.ncbi.nlm.nih.gov/articles/PMC9033521/>

General Breathing Benefits Resources

Breathing Practices for Stress and Anxiety Reduction: Conceptual Framework of Implementation Guidelines Based on a Systematic Review of the Published Literature: <https://pubmed.ncbi.nlm.nih.gov/38137060/>

Brief structured respiration practices enhance mood and reduce physiological arousal: <https://pmc.ncbi.nlm.nih.gov/articles/PMC9873947/#sec3>

Contraindications to Breathing Practices

<https://yogatherapyassociates.com/therapeutic-breathwork/>

Breathing: Prolonged Exhale

The relaxation effect of prolonged expiratory breathing: <https://pmc.ncbi.nlm.nih.gov/articles/PMC6037091/#sec1-4>

Diaphragmatic Breathing

<https://my.clevelandclinic.org/health/articles/9445-diaphragmatic-breathing>

<https://yurielkaim.com/belly-breathing/>

The Effect of Diaphragmatic Breathing on Attention, Negative Affect and Stress in Healthy Adults: <https://pmc.ncbi.nlm.nih.gov/articles/PMC5455070/#abstract1>

Cyclic Sighing

Brief structured respiration practices enhance mood and reduce physiological arousal: <https://pmc.ncbi.nlm.nih.gov/articles/PMC9873947/#sec3>

<https://exerciseasmedicinenz.com/2024/08/02/cyclic-sighing-helps-with-anxiety/>

Alternate Nostril Breathing

<https://www.headspace.com/content/workout/alternate-nostril-breathing/5314>

<https://health.clevelandclinic.org/alternate-nostril-breathing>

Effects of Alternate Nostril Breathing Exercise on Cardiorespiratory Functions in Healthy Young Adults: <https://pmc.ncbi.nlm.nih.gov/articles/PMC8378456/#abstract1>

Bhastrka Pranayama

Effects of Yoga Respiratory Practice (*Bhastrika pranayama*) on Anxiety, Affect, and Brain Functional Connectivity and Activity: A Randomized Controlled Trial: <https://pmc.ncbi.nlm.nih.gov/articles/PMC7253694/>

Kapalbhati Pranayama

Study of immediate neurological and autonomic changes during *kapalbhati pranayama* in yoga practitioners: <https://pmc.ncbi.nlm.nih.gov/articles/PMC8963645/>

General Physical Wellness

A musician-centered approach to management of performance-related upper musculoskeletal injuries: <https://www.sciencedirect.com/science/article/abs/pii/S0894113021000533>

[https://blog.nasm.org/exercise-programming/sagittal-frontal-traverse-planes-explained-with-exercises?](https://blog.nasm.org/exercise-programming/sagittal-frontal-traverse-planes-explained-with-exercises?utm_source=blog&utm_medium=referral&utm_campaign=organic&utm_content=ReasonsToBecomeCES)
[utm_source=blog&utm_medium=referral&utm_campaign=organic&utm_content=ReasonsToBecomeCES](https://blog.nasm.org/exercise-programming/sagittal-frontal-traverse-planes-explained-with-exercises?utm_source=blog&utm_medium=referral&utm_campaign=organic&utm_content=ReasonsToBecomeCES)

Fascia

<https://www.hopkinsmedicine.org/health/wellness-and-prevention/muscle-pain-it-may-actually-be-your-fascia>

<https://bendablebody.com/what-is-fascia-why-you-need-to-stretch-it/>

<https://www.musicianshealthcollective.com/blog/2014/3/12/fascianating>

Tools for Physical Wellness

Foam Rolling: <https://www.bicycling.com/training/a25456115/foam-roller-for-back/>

Theracane: <https://theracane.com/>

Trigger Point Workbook: <https://www.newharbinger.com/9781608824960/the-trigger-point-therapy-workbook/>

Smart Practice

Molly Gebrian Practice Challenge: <https://static1.squarespace.com/static/62d41f4e5352371c9d792542/t/66f996478cb2e72889e94c23/1727632967731/September+Practice+Challenge+2024.pdf>

<https://www.musical-u.com/learn/why-youre-not-making-progress-instrument-fix-it/>

Optimizing Music Learning: Exploring How Blocked and Interleaved Practice Schedules Affect Advanced Performance: <https://pmc.ncbi.nlm.nih.gov/articles/PMC4989027/#:~:text=Instead%20of%20using%20a%20blocked,in%20increased%20long%2Dterm%20learning.>

Finance Basics Recommended Books

The Psychology of Money: Timeless lessons on wealth, greed, and happiness- Morgan Housel
I Will Teach You To Be Rich- Ramit Sethi
The Simple Path To Wealth- J.L. Collins
A Random Walk Down Wall Street- Burton Malkiel