



Navigating Mental Health and Resilience in the Age of COVID-19

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Resource Handout

(books and articles, websites and blogs, apps, social media, hotlines)

Books and Articles

Brach, Tara. *Radical Acceptance: Embracing Your Life with The Heart of a Buddha*. Bantam, 2003.

Brach, Tara. *Radical Compassion: Learning to Love Yourself and Your World with the Practice of RAIN*. Viking, 2019.

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

Germer, Christopher and Kristin Neff. *The Mindful Self-Compassion Workbook: A Proven Way to Accept Yourself, Build Inner Strength, and Thrive*. The Guildford Press, 2018.

Germer, Christopher K. *The Mindful Path to Self-Compassion: Freeing Yourself from Destructive Thoughts and Emotions*. The Guilford Press, 2009.

Johnson, Jessica. "The Self-Compassionate Musician: Learning to Love Your Self Through Music-Making and Teaching," *American Music Teacher*, August/September 2016, pp. 19-22.

Johnson, Jessica. "Self-Compassion in the Studio: Helping our Students Practice with Kindness," *Piano Magazine* (formerly *Clavier Companion*), Winter 2019-2020, Vol. 11, No.5, pp. 64-65.

Kabat-Zinn, Jon. *Wherever You Go, There You Are: Mindfulness in Everyday Life*. Hyperion, 1994.

Nagel, Julie. *Managing Stage Fright: A Guide for Musicians and Music Teachers*. Oxford University Press, 2017.

Nagel, Julie. *Melodies of the Mind*. Routledge Press, 2013.

Neff, Kristin. *Self-Compassion: Stop Beating Yourself Up and Leave Insecurity Behind*. Harper Collins, 2011.

Palmer, Parker J. *The Courage to Teach: Exploring the Inner Landscape of a Teacher's Life*. Jossey-Bass Inc., 1998.

Websites and Blogs

AAETS: Helping Children Cope Emotionally with Coronavirus.

<https://www.aaets.org/helping-children-cope-emotionally-with-coronavirus>

AFSP: Taking Care of your Mental Health in the Face of Uncertainty.

<https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/>

ADAA: Coronavirus Anxiety – Helpful Expert Tips and Resources.

<https://adaa.org/finding-help/coronavirus-anxiety-helpful-resources>

Tara Brach: Excerpt from *The RAIN of Self-Compassion*.

<https://www.tarabrach.com/meditation-the-rain-of-self-compassion/>

CDC: Coronavirus Disease 2019 (COVID-19): Managing Anxiety & Stress.

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

Center for Mindful Self-Compassion. <http://centerformsc.org/>

Center for Healthy Minds (UW-Madison). <https://centerhealthyminds.org/>

Frances Clark Center for Keyboard Pedagogy: *Teaching in the Time of COVID-19*. Free teaching resources, including an archived version of this webinar.

www.claviercompanion.com/teaching-in-the-time-of-covid-19/

Chris Germer, *Mindful Self-Compassion*. chrisgermer.com/mindful-self-compassion-msctm/

Chris Heath, *Is My Fear Realistic? Fear vs. Panic and Dealing with Coronavirus*. (video)

https://youtu.be/fgNV6QXXj_o

Noa Kageyama, *The Bulletproof Musician*. <https://bulletproofmusician.com/>

Gilbert Kliman, et al. *My Pandemic Story: A Guided Activity Workbook*. <https://bit.ly/3bplUpD>

Making Friends with Yourself: A Mindful Self-Compassion Program for Teens and Young Adults.

<http://www.mindfulselfcompassionforteens.com/>

Mindful. <http://www.mindful.org/>

Julie Nagel. <http://julienagel.net/>

Kristin Neff, *Self-Compassion*. July 2015.

<http://self-compassion.org/the-three-elements-of-self-compassion-2/>

Heidi Welch, “Our Teachers are Not Okay. We Know This, and if We Don’t, We Should.”

<https://educationpost.org/our-teachers-are-not-okay-we-know-this-and-if-we-dont-we-should/>

World Health Organization (WHO): Mental Health Considerations During COVID-19 Outbreak.
<https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf>

Apps

Mind Shift*	Breathe2Relax*
What's Up*	Headspace*
Mood Kit	Calm
Self-Help for Anxiety Management*	Ten Percent Happier
CBT Thought Record Diary*	Insight Timer*
Talkspace Online Therapy	Smiling Mind*
Happify*	Moodfit*
Mood Tools – Depression Aid*	Sanvello for Stress and Anxiety*
Panic Relief	Breathing Zone*

*free (or free version available)

Instagram (www.instagram.com) accounts to follow:

@mindfulmusician.vanessacornett	@thealignedmusician
@positivelypresent	@nicholaspallesen
@mindowl.org	@jessrachelsharp
@mindoverfinger	@musicmindandmovement
@mindfelt_methods	@mindful_living_psychology
@moreloveletters	@psych_today
@trauma.sensitive.mindfulness	@mindfulmagazine
@meditationformillennials	@brenebrown
@yogaformusicians	@namicommunicate

Facebook (www.facebook.com) pages and groups:

Piano and Instrumental Teachers with Coronavirus Concerns
Higher Ed Music Lessons in the Time of COVID-19
The Art of Piano Pedagogy
Professional Piano Teachers

Hotlines

Suicide Prevention Lifeline:	1-800-273-TALK (8255)
Mental Health America Hotline:	text MHA to 741741
National Alliance on Mental Illness: or dial 911.	1-800-950-6264 (note: not 24/7)

* If you have any additional resources to recommend, please contact Vanessa directly at www.vanessacornett.com/contact/ and I will add them to a future community list. Thank you!