

Health and Well-Being checklist

Daily Check:

- Stretch/Warm-up** for 10 minutes *before* any extended practice or teaching.
- Hydrate:** Drink plenty of water throughout the day.
- Take 5-minute micro-breaks** every 30-50 minutes during intense practice/teaching blocks.
- Mindfulness/Meditation:** Take 5 minutes to ground yourself and check in with your mental state.
- Move Your Body:** Schedule a walk or a non-instrument-related physical activity.
- Prepare snacks and meals**

Weekly Check:

- Schedule 'Admin Only' Time:** Set aside time for emails, finances, and planning *separate* from practice/rehearsal.
- Take one full day off from music work (no practice, no teaching, no business).
- Social Connection:** Intentionally meet up with a friend or colleague for a non-work social activity.
- Review Boundaries:** Look at your calendar—did you say "yes" to too many things? Adjust for next week.

Annual/Periodic Check:

- Full Physical Exam** with your GP/Family Doctor.
- Hearing Test** (especially if you perform in loud environments).
- Instrument Check-up:** Ensure your instrument is in optimal shape to prevent overcompensation/strain.
- Professional Development:** Invest in a lesson with a specialist to check your technique and prevent bad habits.
- Financial Review:** Meet with a financial advisor or accountant to stabilize your future.
- Workload audit:** Annually review your income streams and professional activities. Commit to reducing or eliminating the one or two that are the most stressful, least rewarding, or least profitable to free up energy if you feel it is needed.