

Mental Health in the Performing Arts: Resources

These resources are a combination of those suggested by the panelists in part 1 and part 2 of our Mental Health in Performing Arts series, as well as suggestions from our audience members. PAMA does not have any specific association with any of these resources or organizations.

Tools:

- Meditations for Actors app: <https://www.meditationsforactors.com/>
- Mindfulness for Dancers book by Corrine Haas
- Awe: The New Science of Everyday Wonder and How It Can Transform Your Life by Dacher Keltner
- Mindfulness Based Stress Reduction: <https://jkzmeditations.com/>

Further training:

- Mental Health First Aid Canada: <https://www.mhfa.ca/>

Supports:

- Entertainment Community Fund (formerly the Actors Fund):
<https://entertainmentcommunity.org/>
 - o Services for performers and great newsletter
- National Alliance on Mental Illness helpline: <https://www.nami.org/help>
- The Centre for Clinical Interventions Australia:
<https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself>
- The Trevor Project for LGBTQ+ youth: <https://www.thetrevorproject.org/>
- Now Matters Now: <https://nowmattersnow.org/skills>

Concepts to explore further:

- Positive psychology: <https://positivepsychology.com/>
- Compassionate Inquiry: <https://compassionateinquiry.com/the-approach/>
- PLEASE skill for self care: https://dbt.tools/emotional_regulation/abc-please.php
- Compassionate curiosity: <https://www.understood.org/en/articles/using-compassionate-curiosity-to-drive-empathy>
- Self compassion: <https://self-compassion.org/>
- Food neutrality: <https://dancenutrition.com/what-is-food-neutrality/>

Research/Presentations:

- Sustainable elite sport: Swedish athletes' voices of sustainability in athletics:
<https://www.tandfonline.com/doi/epdf/10.1080/2159676X.2020.1778062?needAccess=true&role=button>
- When the Show Must Go On: Resilience and Renewal in an Uncertain Time:
https://www.music.org/index.php?option=com_content&view=article&id=3147:september-11-2020-when-the-show-must-go-on-resilience-and-renewal-in-an-uncertain-time&catid=241&Itemid=3288

