



Mead Witter School of Music
UNIVERSITY OF WISCONSIN-MADISON

THE SELF-COMPASSIONATE MUSICIAN:

Self-Care in Difficult Times

Piano Celebration Week

Texas A&M-Corpus Christi

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RECOMMENDED RESOURCES

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

Brach, Tara. 2020. *Radical Compassion: Learning to Love Yourself and Your World with the Practice of RAIN*. London: Rider Books.

Brown, Austin Channing. 2018. *I'm Still Here: Black Dignity in a World Made for Whiteness*. New York: Crown Publishing Group.

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

Cornett Murtada, Vanessa. 2012. Nurturing the Whole Musician: Mindfulness, Wellness, and the Mind-Body Connection. *MTNA e-Journal*, Vol. 4/1: 15-28.

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

Johnson, Jessica. 2006. The Real World: A View from the Institution. *Piano Pedagogy Forum*, Vol. 9, No. 1/January.

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

Kabat-Zinn, Jon. 2008. *Full Catastrophe Living: Using the Wisdom of your Body and Mind to Face Stress, Pain and Illness*. New York: Random House.

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

Kertz-Welzel, Alexandra. 2009. Philosophy of Music Education and the Burnout Syndrome: Female Viewpoints on a Male School World. *Philosophy of Music Education Review*, Vol. 17, No. 2: 144-161.

McAllister, Lesley. 2013. *The Balanced Musician: Integrating Mind and Body for Peak Performance*. Plymouth, United Kingdom: Scarecrow Press, Inc.

Nagoski, Emily and Amelia Nagoski. 2019. *Burnout: The Secret to Unlocking the Stress Cycle*. New York: Ballentine Books.

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

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

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

Sindberg, Laura. 2011. All Together – The Conundrum of Music Teacher Isolation and Connectedness. *Bulletin of the Council for Research in Music Education*, No. 189, 7-22.

ONLINE RESOURCES

Brach, Tara. Excerpt from *The Rain of Meditation*.
<https://www.tarabrach.com/meditation-the-rain-of-self-compassion/>

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

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

HelpGuide. 2005. *Burnout: Signs, Symptoms and Prevention*.
<https://www.helpguide.org/articles/stress/burnout-prevention-and-recovery.htm>

Leviton, Daniel. Hit the Reset Button. *New York Times Opinion*.
https://www.nytimes.com/2014/08/10/opinion/sunday/hit-the-reset-button-in-your-brain.html?_r=1

Hobbs, Loraine. *Making Friends with Yourself: A Mindful Self-Compassion Program for Teens and Young Adults*. <http://www.mindfulselfcompassionforteens.com/>

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

Neff, Kristin. *Self-Compassion*. <https://self-compassion.org/test-how-self-compassionate-you-are/>

Neff, Kristin. *Self-Compassion*. <https://self-compassion.org/the-three-elements-of-self-compassion-2/>

Geometric breathing gif
https://31.media.tumblr.com/b1406ea40336dc68e5404b380c391d96/tumblr_nsj9tcMOgY1qkv5xlo1_500.gif