

Concordia University Mental Wellness Toolbox
February 2024
Books, Apps, and More

Books:

Cornett, V. (2019). *The mindful musician*. Oxford University Press.

Kenny, D. (2011). *The Psychology of Music Performance Anxiety*. Oxford University Press.

Klickstein, G. (2009). *The Musician's Way*. Oxford University Press.

Green, B. (1986). *The Inner Game of Music*. Pan Books.

*New edition published in 2015

Greene, D. (2001). *Performance Success: Performing your best under pressure*. Routledge Publications.

Nagoski, E., & Nagoski, A. (2019). *Burnout: The secret to unlocking the stress cycle*. Ballantine Books.

Nestor, J. (2020). *Breath: The new science of a lost art*. Riverhead Books.

Swinson, R. P. & Antony, M. M. (2009). *When perfect isn't good enough*. New Harbinger Publications.

Blogs/Socials, etc.

The Musicians' Way Blog and Website. www.musiciansway.com

Bulletproof Musician. Noa Kageyama. www.bulletproofmusician.com

Composed (Documentary). 2016. www.composeddocumentary.com

@outsidethescore on Instagram and Facebook

General Mental Wellness Supports

Apps:

What's up - a great app with info and tools for processing thoughts and emotions

<https://apps.apple.com/us/app/whats-up-a-mental-health-app/id968251160>

Mindshift - an app a little more specific to anxiety:

<https://www.anxietycanada.com/resources/mindshift-cbt/>

Self-help for anxiety management (SAM)

<https://apps.apple.com/us/app/sam-self-help-app-for-the-mind/id1502571257>

Phone or online chat support:

Together all: an online chat community to support mental wellness: www.togetherall.com

Good 2 Talk: for ages 17-25 - Toll free: 1-866-925-5454 (limited to residents of Ontario and Nova Scotia)

Youth Space: online chat for individuals in crisis or needing emotional support: www.youthspace.ca

Crisis Services Canada: for individuals experiencing thoughts of harm or suicide
Toll free: 1-833-456-4566 or TEXT: 45645

For individuals ages 15-29 in crisis: Text CONNECT to 686868 or call 1-800-668-6868

Online programs

Bounceback Ontario - an online or telephone skill-building program developed by the Canadian Mental Health Association
<https://bouncebackontario.ca/>

Mindbeacon - a therapist-guided program that's free for Ontario residents
mindbeacon.com

Online Therapy

maple.ca - individuals can see an online therapist (for a fee - but many insurance plans will cover service)

Betterhelp.com - individuals can see an online therapist for a weekly or bi-weekly subscription rate