WELCOME PACK

BRITISH ASSOCIATION FOR PERFORMING ARTS MEDICINE

Looking after your Health in the Performing Arts

In the performing arts, knowing how to look after your health is as important as your creative and technical skill.

70-80% of people in the creative industries will have a health problem which impacts their career. Achieving your potential depends on building in health routines right from the start, and on getting expert help to overcome problems quickly.

Established 30 years ago, BAPAM is the largest provider of Performing Arts Medicine in the UK with coverage across the four nations. We are a specialist charity funded by the performing arts industry to provide free clinical assessments for people with health problems affecting their performing arts practice.

To help you maintain health, prevent problems and perform at your best, we share essential skills in free online healthy practice training sessions.

Here are some examples of issues that people call us about:

- **I feel anxious or depressed**
- **I get performance anxiety**
- **I have pain which stops me playing as I used to**
- **Parts of my body which I need to play my instrument aren't working as they did**
- **I am not reaching my full vocal range anymore**
- **I am struggling to hear**
- **I've just had to take a break from my work with illness and I don't know when I should start practising again**

If you have a mental or physical health problem, contact us to book in for a free consultation with one of our expert clinicians.

Call us on 020 8167 4775 or email us at info@bapam.org.uk.

How healthy is your practice?

Try our healthy practice checklist to see how you are doing

Are you?

Maintaining a healthy diet?	YES	NO
Keeping hydrated?	YES	NO
Getting enough sleep?	YES	NO
Maintaining relationships outside your performance life?	YES	NO
Doing regular exercise?	YES	NO
Getting outside enough?	YES	NO
Moderating your use of alcohol and drugs?	YES	NO
A non-smoker?	YES	NO
Using ear plugs?	YES	NO
Looking after your sexual health?	YES	NO
Dealing with conflict when it arises?	YES	NO
Recognising signs of stress or illness?	YES	NO
Using the right (comfortable) equipment?	YES	NO

Do you?

Take regular breaks?	YES	NO
Have a pre-practice and post-practice routine, including warm ups and cool downs?	YES	NO
Do a regular mental health practice?	YES	NO
Have realistic expectations about how your work (or performance) may go?	YES	NO
Use visualisation as well as physical practice	YES	NO
Manage social media - and time away from it?	YES	NO

If you've answered no to any of these questions, you might like to attend one of our free webinars and look at our factsheets and resources.

Training webinars

Factsheets & Resources

Book an appointment

W: bapam.org.uk
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BAPAM
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