

# Musician Wellness Leadership

Explore the relationship to yourself, your role, the team and the story with compassion & personal excellence.

## U2U Healthy Boundaries

Creating a container of safe space for you, which is both nurturing and protecting.  
What is ok, what is not ok in the practice room.

Limits that promote integrity.

Protect without isolating, contain without imprisoning, while nurturing a Sense of Self and allowing influence.

Resource and reading recommendation: Anne Katherine "Boundaries - Where You End and I Begin".

### What is ok

#### ***Mental, Emotional, Physical Literacy Notice, describe***

CLEAR goals, MIT's  
High standards of excellence  
Work ethic, Accountability  
Curiosity, Beginners mind  
Courage, Competency, Changing the plan  
Experiment, Embodied, Entrainment  
Mistakes  
Moments of Rest, Recovery & Resilience.

Healthy Striving, Stress & Struggle  
Healthy Ego  
Healthy Competition  
Healthy Compartmentalization  
Bend & Blend

Thoughts, feelings, sensations  
Social Support system  
Creativity, permission for expression  
Intuition, Gratitude  
Tolerance of dissonance & discomfort  
Embracing Paradox - disappointed & proud  
Self compassion and kindness

A break, a walk, food, water, call a friend  
Show up as I am.  
Do my best, from my capacity right now.  
Release and allow expansion and integration of your container, on its own timeline.

### What is not ok

#### ***Mental, Emotional, Physical Literacy Notice, describe & pivot***

Expectations  
ridicule, derision, sarcasm, mockery, scorn, name calling, belittling, disgust, contempt, beating my self up.  
"shoulds"  
Repetition without engagement  
Grinding the gears  
Grasping, contracting, over-efforting

Perfectionism, Pleasing, Procrastination, Pacifying, over Planning.  
Blaming, Comparing, Judging  
Delaying, Distracting, Deceiving  
Chronic stress, rigid control, conformity

Ignoring and playing through signals of physical, mental, emotional pain & fatigue.  
Isolating, not sharing feelings with trusted ones.  
Excuses  
Anxiety, Following urgency  
Allowing feelings to remain unprocessed & fester  
Off loading feelings onto others  
Giving up

Music without Creativity, Vulnerability & Artistry.



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*building mental skills, expanding emotional intelligence  
while attuned to creative intuition.*