

10 Tips for Health and Wellbeing

Bigsound Edition

1. Stay Hydrated

Bring a water bottle, stay hydrated.

TIP: You may want to increase your electrolytes by using a Hydralyte and you can add lemon to your water to support liver detoxification.

2. Eat Nutritious Food When You Can

Try to eat fresh fruits and vegetables every day, be prepared with healthy snacks and limit highly processed, deep fried and high in sugar foods. Food is fuel, your food literally becomes the cells in your body, directly impacting your immune system, your mental clarity, and your mood.

TIP: You may want to take a multivitamin to keep your immune system high (Speak to a health practitioner on what may be right for you).

3. Limit Caffeine Intake

Caffeine is a liver loader, it plays havoc on your adrenals and is also dehydrating.

TIP: Before reaching for another cup of coffee in the afternoon have a litre of water first and see if this gives you more energy and mental clarity than that extra coffee.

4. Don't Drink Alcohol at Every Offer

There is a lot of networking and socialising at Bigsound, and potentially many opportunities to have an alcoholic drink. You do not need to drink to have fun, to feel included, and it can impact your ability to do your job. Remember the music is what is bringing everyone together.

TIP: Try to alternate with a glass of water in between alcoholic drinks, or decide in advance to not drink on certain days of the conference.

5. Deep Breathing

Breath is one of the most powerful tools for detox and switching on your para-sympathetic nervous system (your rest and recover response). When we breathe shallow and quick, it puts our body into sympathetic nervous system (fight/flight). So take deep, slow breaths.

TIP: When you feel overwhelmed, anxious, stress or pressure – stop and take 3 deep belly breaths, this will start to send physiological signals to your brain that you are safe, your mental clarity will increase and you will be more present.

6. Practice Presence

There is a lot of stimulation, energy and activity at Bigsound, which can feel overwhelming at times. As often as you can, bring yourself back to the present moment. Being present in your meetings, watching showcases and attending conferences will allow you to connect more deeply with the content, artists and delegates.

TIP: When you feel your mind wandering to the future or past, take 3 deep belly breaths and say “*I am here now, in this moment*”.

7. Schedule at Least 15min For YOU Every Day

Take 15min (preferably at the start of the day) to be STILL and set your intention for the day. This conscious practice will help set your day up for success, with clarity of what you want.

TIP: Intention Setting Exercise – answer these three statements (verbal or written):

- I am grateful for....
- My intention today is to feel... (eg. Inspired, energised, clear, confident, open, sharp, relaxed, in flow)
- My intention today is to be in my flow, trust myself and be in the present moment so that I can create deep connections with people, and meaningful moments for my Artist/Company/Career.

8. Ask For Help

Know that you are not alone, you are a part of a community that is here to support. There are no prizes for martyrs or heroes who try to do everything themselves. Ask for help when you need it and help each other when and where you can.

TIP: It is a sign of strength (not weakness) to ask for help.

9. Look Out For Each Other

If you see your friend/colleague/bandmate in need of any of the above, speak up! Small actions can make a big difference.

TIP: It's easy to offer someone some water, a healthy snack or remind them to take a few deep breaths.

10. Have Fun!

Life is meant to be enjoyed; music is meant to be enjoyed.

TIP: If you find yourself getting very serious and feeling pressure, take deep breaths and practice GRATITUDE. You can't be scared and grateful at the same time. Name 3 things that you are grateful for. Then from this new mental state, move.

Connect with Gem:



Disclaimer: This worksheet provides general information and discussions about health and related subjects. The information is not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. If you or any other person has a medical concern, you should consult with your health care provider or seek other professional medical treatment. Never disregard professional medical advice or delay in seeking it because of something that you have read on this worksheet. If you think you may have a medical emergency, call your doctor or emergency services immediately.