

"MUSICIAN'S WELLBEING" – Initiative by the Finnish Society for Performing Arts Medicine

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We present the ongoing initiative aiming at collection of comprehensive educational material bank covering the essential biopsychosocial factors of musicians' health and well-being. The target group also includes music teachers and music students. A digital database will initially be created on the home page of the Society. The core material is based primarily on scientific evidence published in peer-reviewed journals and if such is not available, on consensus opinion provided by expert consultations.

The following topics are covered. **Biological factors** (nutrition, maintenance of physical condition, sleep, ergonomics, hearing protection, somatic health risks, aging); **psychological factors** (performance anxiety, personal goals, expectations, uncertainties concerning employment); **mental health issues** (depression, insomnia, exhaustion, substance abuse); **social issues** (working environment in various musical communities, social security, insurance policies, safety at work, occupational health care).

The strategy of the initiative is based on 14-year experience of Musicians' of the Society's voluntary Musicians' Outpatient Clinic operating in Helsinki Music Centre and on its long collaboration with major orchestras and University of Fine Arts/Sibelius Academy. The material will be contributed by specialists in music medicine or music physiotherapy, psychologist and researchers and people with acknowledged know-how, who are in connection with the Society or music polyclinics of Turku and Tampere. The material will be supplemented by our international collaborators.

The Initiative has no commercial interests and once it is completed, we intend to distribute it as widely as possible. The collection will be made available for music institutions throughout the country, and we plan to translate appropriate parts in English to make the output available for international users.

Any suggestions are welcome and may be sent by email to the presenting author at hyytiainen.eeva@gmail.com.

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