

Mindfulness for Singers

References and research

General references throughout taken from:

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MfS1 – Present awareness

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MfS2 – Body and mind

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MfS3 – Suffering

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MfS4 – Perception

Perception research

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Mindfulness and listening

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MfS 6 – Exploring difficulties

Exploring difficulties resources

<https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>

<https://nationalcounsellingociety.org/>

<https://www.bapam.org.uk/>

MfS 8 – Summary

Emotion regulation

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