



PERFORMING & TOURING

RESOURCES

Post-Tour Self-Care Checklist

IN COLLABORATION WITH ASH KING, WELLBEING CONTENT & PROGRAMS LEAD / PSYCHOLOGIST, SUPPORT ACT

Post-Tour Self-Care Checklist

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This resource provides a practical checklist to help artists recover after touring, supporting physical and mental wellbeing, reflection, and a healthy return to everyday life.

Touring and live performance ask a lot of the nervous system. Long days, irregular sleep, heightened adrenaline, high visibility, pressure to perform, and then suddenly... it's over, often without closure or acknowledgement. The drop can be sharp.

Aftercare is not indulgent or optional. It is how music work stays sustainable. Without space to reflect, regulate, and reintegrate, the cycle becomes familiar: post-tour blues, burnout, irritability, disconnection, or crashing straight into the next job without recovery.

Reflection helps you make meaning of the experience. Aftercare supports your body and mind to come down safely. Reintegration helps you reconnect with everyday life, relationships, and routine without feeling lost or hollow.

This is about extending care beyond the stage, so the work remains possible, meaningful, and human.

Use this **Post-Tour Self-Care Checklist** as a practical re-entry plan after a live performance or tour.

Body check-in

Signal safety and stability back to the nervous system

- Set fixed sleep and wake times for the first 3–5 days, even if sleep is patchy.
- Eat 3 regular meals a day before worrying about nutrition optimisation.
- Do gentle movement only for the first week (walking, stretching, swimming).
- Rehydrate deliberately. Keep a water bottle visible and refill it twice daily.
- Book or schedule any health appointments you delayed while touring.

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Mind check-in

Support the comedown, not fight it

- Expect a mood dip or flatness. Name it as post-tour adjustment, not personal failure.
- Avoid big decisions, life audits, or major commitments in the first week.
- Limit stimulation at night. Reduce scrolling, late nights, and background noise.
- Check-in with yourself in the mornings: "What does my system need today and what is reasonable to expect of myself?" Start small and go slow.
- Keep expectations low and specific. Aim for completion, not motivation.

Connection check-in

Reconnect without overwhelm

- Choose one or two people to reconnect with first. Not everyone at once.
- Be honest about capacity. "I'm landing and taking it slow" is enough.
- Schedule low-pressure contact (walks, coffee, sitting together).
- Balance time alone with brief, grounding social contact.
- Notice who leaves you steadier rather than more depleted.

Work and identity check-in

Separate the person from the performance

- Build a buffer between tour end and the next project wherever possible.
- Tidy and close the tour chapter (unpack, file notes, archive photos).
- Reflect on the work before moving on. Capture learnings while they're fresh.
- Avoid measuring your worth by post-tour productivity or mood. Fluctuation is part of the landing process.
- Reintroduce routine slowly. Structure supports recovery, not urgency.

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When to reach out

Aftercare includes support, not just self-management

If low mood, anxiety, irritability, or disconnection persist beyond a few weeks.

If sleep does not begin to stabilise.

If you feel stuck, overwhelmed, or unable to reintegrate.

If this tour stirred up older stress, grief, or mental health challenges.

Support is part of sustainability, not a sign you did it wrong.

Support Act Wellbeing Helpline

The Support Act Wellbeing Helpline offers free, confidential one-on-one counselling and support that is separate from employers, managers, or tour teams.

You can reach out for:

- One-on-one counselling
- Support during periods of stress, burnout, or transition
- A place to talk things through without judgement

You do not need to be in crisis to make contact. Sometimes support is simply about having someone to help you reset.



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MusicNSW works, creates and listens on unceded Aboriginal land across the state. We honour elders past and present and acknowledge all First Nations peoples as the original music makers, storytellers and knowledge holders. Always was, always will be.

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