

Music Teacher Day Spa:

Strategies for Self-care and Burnout Management

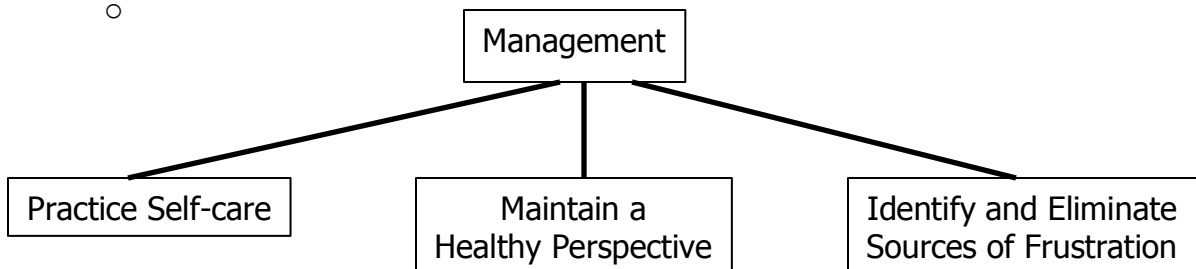
Florida Music Educators Conference
Thursday, January 12, 2017 – 1:45 pm
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Symptoms of burnout (Brock & Grady):

- Physical –
- Intellectual –
- Social –
- Emotional –
- Spiritual –

Contributors:

- Administrative
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- Student-related
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- Music-related
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- Personal Life Goals
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Management:

- Practice Self-care
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- Maintain a Healthy Perspective
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- Identify and Eliminate Sources of Frustration
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Goals:

References:

- Brock, Barbara L., and Marilyn L. Grady, *Rekindling the Flame*. Thousand Oaks: Corwin Press, Inc., 2000.
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- Siebert, Johanna J., "Why Music Teachers Remain in the Profession: Conversations with Career Music Educators." PhD diss., Eastman School of Music, 2007. Unpublished.
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- Warren, Franchesca, "Teacher Burnout is Real – Signs and How to Avoid It." *NAfME.org*, May 20, 2015.