

Music Teacher Day Spa

Strategies for Burnout Management & Self-care

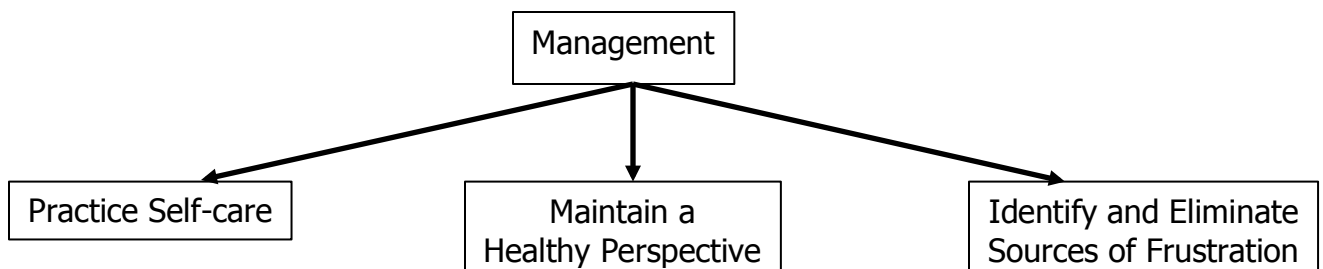
Florida ACDA Convention
Friday, October 25, 2019 – 2:30 pm
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Symptoms of burnout (Brock & Grady):

- 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.
- Hancock, C. B., "National Estimates of Retention, Migration and Attrition: A Multiyear Comparison of Music and Non-Music Teachers." *Journal of Research in Music Education* 57:2 (2009): 92-107.
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- Kim, Sung Eun, and David Barg, "Reducing Music Teacher Turnover and Its Consequences." *Music Education Policy Briefs* (Boston University), October 2010.
- Siebert, Johanna J., "Why Music Teachers Remain in the Profession: Conversations with Career Music Educators." PhD diss., Eastman School of Music, 2007. Unpublished.
- Strauss, Valerie, "Teacher: The Day I Knew For Sure I Was Burned Out." *The Washington Post*, December 12, 2014.
- Warren, Franchesca, "Teacher Burnout is Real – Signs and How to Avoid It." *NAfME.org*, May 20, 2015.