

Treat Yo' Self:

Strategies for Self-care and Burnout Management

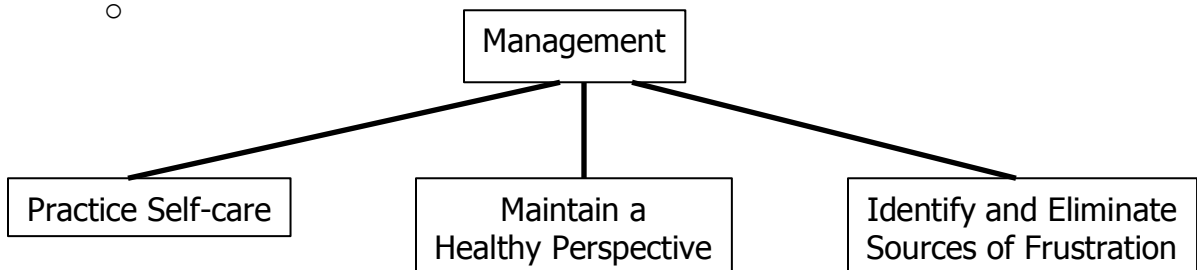
Oklahoma Summer Arts Institute
Sunday, June 16, 2019 – 1:00 pm
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Symptoms of burnout (Brock & Grady):

- 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:

Mission Statement:

"A one-sentence statement describing the reason an organization or program exists (what they do), which is used to guide priorities, activities, and responsibilities." -topnonprofits.com

Create YOUR Mission Statement:

Using 1-5 words, answer each of these questions:

- What type of artist are you?
- What do you hope to gain from doing what you're doing?
- What do you hope your audience or fellow artists gain from your art?
- What is your trajectory?

References:

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- Hamann, D. L., "Burnout: How to Spot it, How to Avoid it." *Music Educators Journal* 77:2 (1990): 30-33.
- Kim, Sung Eun, and David Barg, "Reducing Music Teacher Turnover and Its Consequences." *Music Education Policy Briefs* (Boston University), October 2010.
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- Strauss, Valerie, "Teacher: The Day I Knew For Sure I Was Burned Out." *The Washington Post*, December 12, 2014.
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