



Treat Yo' Self:

Managing symptoms of burnout as an artist

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What is Burnout?

Define & Discuss

...don't worry, we aren't gonna talk about this very long

Most At Risk

With regard to music teachers:

"...music educators, who are often the **most productive, dedicated, and committed** to their fields, are frequently most affected by burnout" (Bechen).

- Enthusiastic and passionate teachers
- Ages 30-45
- Teaching years 7-15
- Single or divorced teachers

Evidences of Burnout

- Physical
 - Weight gain
 - Migraines
 - Back Pain
 - Tense muscles
- Emotional
 - Anxiety/depression
 - Emotionally exhausted
 - Apathetic
- Intellectual
 - Problems making decisions
 - Overwhelmed
- Social
 - Withdrawn from friends/family
 - Hermetic at school
 - Hobbies sit dormant
- Spiritual
 - Personal spiritual values become affected

Contributors

- Administrative
 - Poor salary
 - Perceived lack of support
 - Heavy teaching schedule
 - Insufficient prep time
 - Travel between buildings/jobs
 - Excessive additional duties
 - Insufficient budget
 - Ongoing need to justify your department
 - Confusing expectations
 - Concerned about job security
- Student-related
 - Poor discipline
 - Lack of enthusiasm
 - Poor public perception of teachers
- Music-related
 - Performance expectations
 - Inability to dig deep
 - Loss of personal use of skills
- Personal Circumstance
 - Shifting of life goals
 - Family dynamics
 - Relocation
 - Spouse, parent, or child needs
 - Personal or family illness

Management: 3 Areas

- Practice **Self-care**
- Maintain a Healthy **Perspective**
- Identify and **Minimize** Sources of **Frustration**

Self-Care

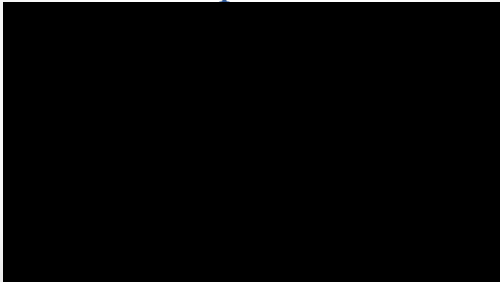
- Walks
- Sleep
- Meals
- Exercise
- Vocal Health
- Thank You Notes
- Be a Participant
- Sacred Spaces
- Stick to the Workday
- Home for Dinner

- Casual Dress not just for Friday
- Send Students w/o You
- Programming Choices
- Others...

Perspective

- Bad Day Barometer
- Humor
- "WTH" Drawer
- Stop the Screaming

Perspective



Perspective

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- Humor
- "WTH" Drawer
- Stop the Screaming
- Observe Your Peers
- THEIR School Day
- Give the Students a Chance to Lead—and watch them succeed
- Expectation & Permission
- Attainable To Do Lists
- Admin. Is Temporary
- Adapt with Integrity
- Identify Your Triggers
- Write a Mission Statement

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

Mission Statement

Make-A-Wish Foundation: We grant the wishes of children with life-threatening medical conditions to enrich the human experience with hope, strength, and joy.

NPR: To work in partnership with member stations to create a more informed public—one challenged and invigorated by a deeper understanding and appreciation of events, ideas, and cultures.

TED: Spreading ideas.

Mission Statement

Jordan High School
Choral Music Program Mission Statement:

Use choral music as a vehicle to train responsible young adult behavior by:

- Encouraging effective communication skills,
- Developing a deep sense of personal commitment and accountability,
- Promoting a high consciousness of achievement through individual and group work.

Mission Statement

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

- What type of choir/artist are you?
 - Academic setting, volunteer chorus, church choir, etc.
- What do you/the singers hope to gain from doing what you're doing/being a part of this group?
 - Fun, connection, spirituality, musical training, etc.
- What do you hope your audience or fellow artists/singers gain or accomplish from your art?
 - Awards, recognition, solid musical foundation, etc.
- What is the trajectory or "next step" for you/the participants?
 - Bound for professional experience, is this the last choral experience, etc.

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- Adapt with Integrity
- Identify Your Triggers
- Write a Mission Statement
- Invest in Other Programs
- Others...

Minimize Frustrations

- Take Care of Your:
 - Secretaries
 - Custodians
 - Copy Center Personnel
- Classroom Setup
- Don't Plan Ahead (whaaat?!!)
- Easily Grade-able
- Keep a Clean Desk
- E-mail Inbox
- Not Until the 2nd Time...
- Delegation, Delegation, Delegation.
- "The Big 5" – Performance Day

Concert* Report
*CONCERT is a live, musical performance by a group of students (such as choir, orchestra, band, theatre, or musical) in which I did not perform. Adapted to the assignment in Jordan High, high school, college, or professional level.

Name: _____ Class period: _____

For Term: 1 2 3 4 # Date of event: _____

Name of concert / performing group: _____

Choose one of the following **Writing Traits** and describe the event accordingly.
(12 pts indicated if your description does not effectively demonstrate the writing trait selected.)

Word Choice: Accurate, vivid, descriptive vocabulary use

Organization: with a structural body and effective conclusion

Sentence Fluency: sentences flow naturally with varied lengths and beginnings

Rate this concert: 1 2 3 4 5 6 7 8 9 10

* This report is due by 11:59 PM, STEENBELLS, ONE WEEK OF THE EVENT.

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Criteria	Points Possible	Points Earned
Arrived on time	10	
Dressed properly for this type of event	10	
Seated for entire event	10	
Avoided distracting actions/notes (no talking/texting/etc)	10	
Attached program/poster if available (if not, you did not)	10	
Total:	50	

Rate this concert: 1 2 3 4 5 6 7 8 9 10

What did you like/dislike about it? _____

* This report is due by 11:59 PM, STEENBELLS, ONE WEEK OF THE EVENT.

Statement: This report accurately reflects my completion of this assignment. I have been honest in my scoring and deserve the credits given.

Signed,

Notes for regular concerts that are free or require only a modest fee: Jordan High School students must be present for the entire concert. If you are absent, you will not receive credit for this report. If you are absent only partially, you will not receive credit for this report. If you are absent for the entire concert, you will not receive credit for this report. If you are absent for the entire concert, you will not receive credit for this report. If you are absent for the entire concert, you will not receive credit for this report.

Concert* Report

Match program at school and home.

CONCERT is a live, musical performance by voices or instruments. (Such as choir, orchestra, band, ensemble or band) or virtual (on stage) performance.

Appropriate for this assignment is Junior High, High school, collegiate, or professional level.

Name: _____ Class period: _____

For Term: 1 2 3 4 # Date of event: _____

Name of concert / performing group: _____

Place of concert / event: _____

Choose one of the following Writing Traits and describe the event accordingly. (If you do not do so, your description does not effectively demonstrate the writing trait selected.)

1. Word Choice: Anecdotes, words, descriptive vocabulary use

2. Organization: Anecdotes, setting, with a structured body, and effective conclusion

3. Sentence Fluency: Sentences flow naturally, with varied lengths and beginnings

Rate this concert: 1 2 3 4 5 6 7 8 9 10

What did you like/best about it? _____

Rate this concert: 1 2 3 4 5 6 7 8 9 10

Statement: This report accurately reflects my completion of this assignment. I have been honest in my scoring and deserve the credit given.

Signed: _____

Idea for regular concerts that are free or require only a modest fee:

1. All teachers, students, parents, and staff perform together. (Such as choir, orchestra, band, ensemble or band) or virtual (on stage) performance.

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Minimize Frustrations

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- Keep a Clean Desk
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- Not Until the 2nd Time... Delegation. Delegation. Delegation.
- "The Big 5" – Performance Day
- Classroom Setup
- Don't Plan Ahead (whaaaaa!?)
- Easily Grade-able
- Student-directed Learning
- Something Singable
- Rehearsal Order
- Ø Faculty Lounge
- Say NO
- Unfollow/unfriend
- Turn off notifications
- Others...

Thank YOU

... ..

for the wonderful work you do