

# Time for a Tune-up:

## Efficient Strategies to Manage Symptoms of Artistic Burnout

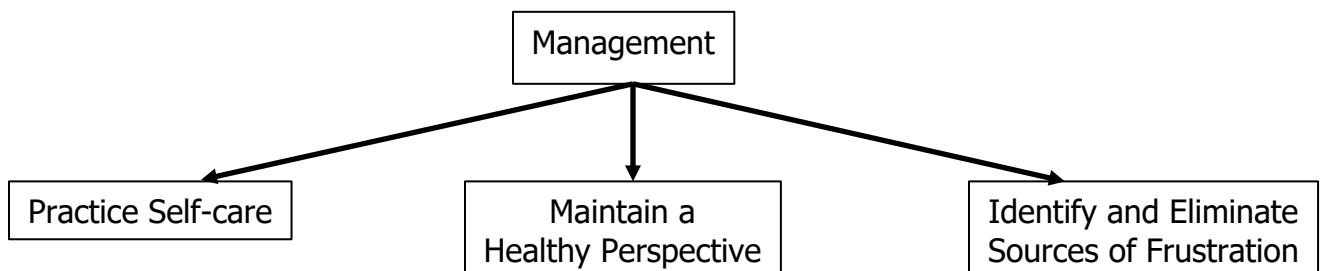
Southern ACDA Regional Convention  
Thursday, February 24, 2022 – 11:00 am  
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### Symptoms of burnout (Brock & Grady):

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

### Contributors:

- Administrative
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- Student-related
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- Music-related
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- Personal Circumstance
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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.
- 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.
- 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 Unpublished.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.