

A decorative graphic on the left side of the slide consists of a series of vertical and diagonal lines of varying lengths, some ending in small circles, resembling a circuit board or a stylized tree structure. The lines are a light green color, matching the background's gradient.

TEACHING WITH WELLNESS IN MIND

CINDY SALLANS AND ALEXIS SILVER



PHYSICAL MINDFULNESS

AWARENESS OF THE IMPACT OUR
ENVIRONMENT, HABITS AND EVEN
PERSONALITY CAN HAVE ON OUR PHYSICAL
HEALTH

CINDY SALLANS

- Multiple Sclerosis – nerve pain in right leg
- Arthritis – both hips
- Temporomandibular Joint Disorder (TMJ)
- Depression





DISCLAIMER

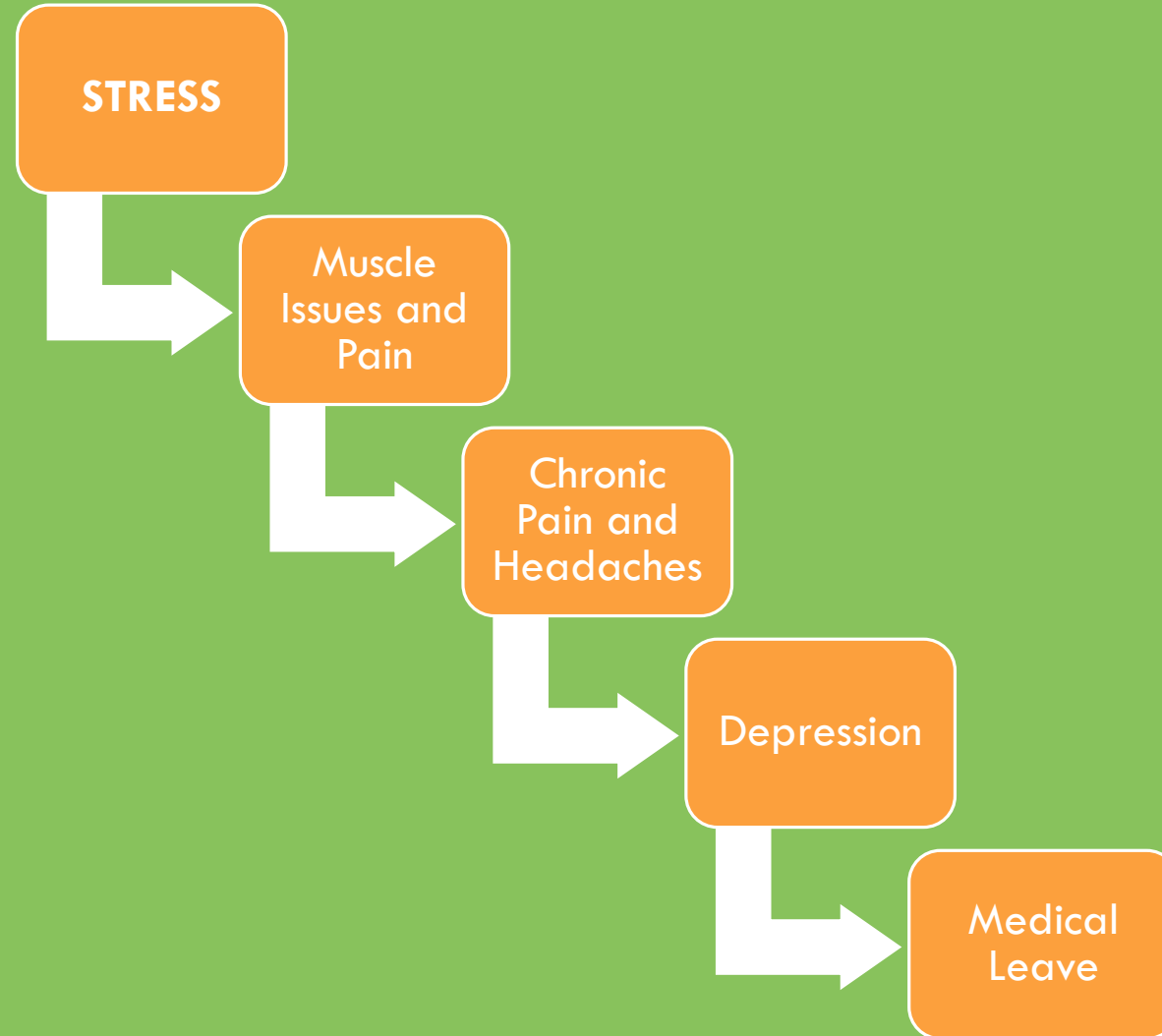


TENSION INVENTORY

As musicians, we know that repetitive actions with bad technique can cause physical problems and affect our ability to perform. But we don't necessarily apply that to our everyday activities.



PHYSICAL AND MENTAL HEALTH CONNECTION



How STRESS AFFECTS YOUR HEART, MIND & BODY

SPIRITUAL EFFECTS:

LOSS OF LOVE TOWARD OTHERS, LACK OF JOY, NO PEACE,
IMPATIENCE, SHORT TEMPERED, LACK OF SELF CONTROL

HEADACHES, ANXIETY, DIZZINESS,
IRRITABILITY, ANGER, PANIC DISORDERS

GRINDING TEETH & TENSION IN THE JAW





INCREASED HEART RATE, STROKE,
HEART DISEASE, HYPERTENSION, DIABETES

DIGESTIVE DISORDERS, UPSET STOMACH,
ABDOMINAL PAIN, IRRITABLE BOWEL SYNDROME

WEIGHT GAIN AND OBESITY

MUSCLE TENSION

THE ENTIRE BODY:
INSOMNIA, EMOTIONAL AND BEHAVIOR PROBLEMS, IMMUNE
SYSTEM DYSFUNCTION,
ASTHMA, ULCERS, LACK OF ENERGY, DEPRESSION,
NERVOUSNESS, CHRONIC FATIGUE



ASHLEY VARNER



ENVIRONMENT

HABITS – Personal and Professional



PERSONALITY

ENVIRONMENT

- HOME – Where do you spend a lot of time? What are your activities?
- WORK – Classroom set-up, Staff meetings and PD, Supervision Duties
- DRIVING – How long is your commute? Do you take road trips?
- HOBBIES, EXERCISE, OTHER -



HABITS

PERSONAL – Devices? Water Bottle? Workout?

WORK – Conducting, Playing Instrument or Singing,
the “Teacher Bag”



PERSONALITY



PERSONALITY

- Over Achiever, "Type A", Go Getter, High Expectations
- Restless, Happier when 'On the Go'
- Anxious, Worrier

Take. The.
Sick. Day.

Go to the
Doctor. Let
them tell you
"it's
nothing".


You can
say no.
Without
a reason.

NO! You can't
carry the Bass
Amp to the Gym.

Ask for Help.
Stop
laughing!
Really, Ask
for Help!



2 MINDFUL MOMENTS

- Breathing and Muscle Release
 - Body Inventory – full body or target problem areas
- 

AWARENESS:

- Don't over-analyze your life based on this presentation.
- Start small, target known problem areas.
- Keep this info in your “tool box” for those days when the shoulders are sore at the end of the day. Or on those “no prep” days for a quick body/brain break.
- Think ahead about your classroom set-up.

TEACHING WITH WELLNESS IN MIND, PART 2



JULIE CHOBDEE (WELLNESS PROGRAM COORDINATOR, UNIVERSITY OF CALIFORNIA) OUTLINES:

- Social Wellness
- Emotional Wellness
- Spiritual Wellness
- Environmental Wellness
- Occupational Wellness
- Intellectual Wellness
- Physical Wellness

As musicians, perhaps we can add:

- Musical Wellness

SOME IDEAS AND RESOURCES:

- Employee Assistance Programs (EAPs)
 - Union dues cover this incredible service through MTS
- Mentors
 - Formal and informal

Everything Is Awful and I'm Not Okay: questions to ask before giving up

Are you hydrated?

If not, have a glass of water.

Have you eaten in the past three hours?

If not, get some food — something with protein, not just simple carbs. Perhaps some nuts or hummus?

Have you showered in the past day?

If not, take a shower right now.

Have you stretched your legs in the past day?

If not, do so right now. If you don't have the energy for a run or trip to the gym, just walk around the block, then keep walking as long as you please. If the weather's crap, drive to a big box store (e.g. Target) and go on a brisk walk through the aisles you normally skip.

Have you said something nice to someone in the past day?

Do so, whether online or in person. Make it genuine; wait until you see something really wonderful about someone, and tell them about it.

Have you moved your body to music in the past day?

If not, jog for the length of an EDM song at your favorite tempo, or just dance around the room for the length of an upbeat song.

Have you cuddled a living being in the past two days?

If not, do so. Don't be afraid to ask for hugs from friends or friends' pets. Most of them will enjoy the cuddles too; you're not imposing on them.

Have you seen a therapist in the past few days?

If not, hang on until your next therapy visit and talk through things then.

Have you changed any of your medications in the past couple of weeks, including skipped doses or a change in generic prescription brand?

That may be screwing with your head. Give things a few days, then talk to your doctor if it doesn't settle down.

If daytime: are you dressed?

If not, put on clean clothes that aren't pajamas. Give yourself permission to wear something special, whether it's a funny t-shirt or a pretty dress.

If nighttime: are you sleepy and fatigued but resisting going to sleep?

Put on pajamas, make yourself cozy in bed with a teddy bear and the sound of falling rain, and close your eyes for fifteen minutes — no electronic screens allowed. If you're still awake after that, you can get up again; no pressure.

Do you feel ineffective?

Pause right now and get something small completed, whether it's responding to an e-mail, loading up the dishwasher, or packing your gym bag for your next trip. Good job!

Do you feel unattractive?

Take a goddamn selfie. Your friends will remind you how great you look, and you'll help fight society's restrictions on what beauty can look like.

Do you feel paralyzed by indecision?

Give yourself ten minutes to sit back and figure out a game plan for the day. If a particular decision or problem is still being a roadblock, simply set it aside for now, and pick something else that seems doable. Right now, the important part is to break through that stasis, even if it means doing something trivial.

Have you over-exerted yourself lately — physically, emotionally, socially, or intellectually?

That can take a toll that lingers for days. Give yourself a break in that area, whether it's physical rest, taking time alone, or relaxing with some silly entertainment.

Have you waited a week?

Sometimes our perception of life is skewed, and we can't even tell that we're not thinking clearly, and there's no obvious external cause. It happens. Keep yourself going for a full week, whatever it takes, and see if you still feel the same way then.

You've made it this far, and you will make it through. **You are stronger than you think.**

GREG CROWE'S SUGGESTED READING LIST ON SELF-HELP:

- *Destinations* (Alsobrook)
- *Miracles Now* (Bernstein)
- *The Gifts of Imperfection* (Brown)
- *Dare to Lead* (Brown)
- *The Spontaneous Fulfillment of Desire* (Chopra)
- *The Soul of Leadership* (Chopra)
- *The Mind Illuminated* (Culadasa)
- *Your Sacred Self* (Dyer)
- *You'll See It When You Believe It* (Dyer)
- *Inspiration* (Dyer)
- *The Chemistry of Calm* (Emmons)
- *Anger* (Hanh)
- *The Miracle of Mindfulness* (Hanh)
- *Life Loves You* (Hay & Holden)
- *The Art of Successful Teaching* (Lautzenheiser)
- *The Subtle Art of Not Giving A F**k* (Manson)
- *Self-Compassion* (Neff)
- *The Courage to Teach* (Palmer)
- *You Are A Badass* (Sincero)
- *Effortless Mastery* (Werner)

ASSOCIATION OFFERINGS (MBA SELF-CARE EVENTS):

- In 2015, board members of the Manitoba Band Association agreed to support an initiative to organize self-care events.
- Regional reports were showing that some members were concerned with burn-out, and we wondered what the MBA might be able to do to help.
- There have been several group activities to date: a Nordic spa day, annual curling bonspiels, a go-cart and batting cages adventure, a yoga and tea afternoon, and an escape-room “quest” (we escaped in record time, by the way), and an axe throwing adventure.
- The events have been nourishing, fun, silly, and a lovely way to connect.
- Has self-care become yet another thing we are expected to be good at?

Brené Brown suggests, “True belonging happens when we present our authentic, imperfect selves to the world. Our sense of belonging can never be greater than our level of self-acceptance.” We do not need to be good at what we sometimes believe we need to be good at. Therefore, let’s re-frame self-care.



AMY JEN SU (MANAGING PARTNER, PARAVIS PARTNERS LLC) OFFERS:



- Define self-care more broadly
- Take out the word “should”
- Try to operationalize self-care at work

Here are some ways to take purposeful action at work:

- Give yourself a break
- Take a victory lap
- Value your own time and resources
- Surround yourself with good people
- Recharge and reboot
- How you might be gentler on yourself at work

NOTICE WHEN YOU'VE SLIPPED OUT OF SELF-CARE MODE:

- Self-neglect
- Self-management
- Self-sabotage
- Self-preservation



Self-care is different for everyone; needs change for different people at different times. I certainly will not speak for you, but would you please look at your own self-care, even if it's just to say,

“Hey! I’m doing a good job here”.

As I age, and as work-life ebbs and flows, I have noticed it is the ability to let go of things that truly don’t matter that really helps me.

I suppose it is self-acceptance.

I care so deeply, and also, I don’t care. You know?

