

Self-Care for the Music Educator: More Than a Buzzword Note Sheet

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“We have the best job in the whole world. We make a difference in the lives of students every day and are often the only ambassadors of joy they see each week.”

–Tracy King

My Action Plan (MAP) My Personal and Professional Situation:

- Take this time to honestly assess your personal and professional situation and write it down:
 - Marital status?
 - Kids?
 - Commute?
 - Title 1?
 - Special circumstances?
 - Number of students?
 - Crazy helicopter parents?

Self-soothing	Self-Care
Temporary	Sustainable
Treats, drinks, spa, screens	Healthy habits, boundaries, realistic expectations
Feels like an escape	Feels like an investment
One-time special events	A lifestyle
Guilty pleasure	Nourishing
Microwave oven, quick fix	Slow cooker, improvement over time
You post to Instagram	Doesn't need any fanfare

My Action Plan (MAP) Self-Care vs. Self-Soothing:

- What is your favorite form of self-soothing?
- Is it still serving you?
- Are you regularly investing in self-care or just indulging just self-soothing?

“We take better care of our smartphone than ourselves. We know when the battery is depleted and recharge it.”

–Arianna Huffington

My Action Plan (MAP) Rest and Recharge:

What will you do to replenish your energy?

- Sabbath?
- Sleep?
- Caffeine?
- Other Action Steps?

“The daily activity that contributes most to happiness is having dinner with friends. The daily activity that detracts most from happiness is commuting. Eat more. Commute less.”

–David Brooks

My Action Plan (MAP) Upgrade Your Commute:

What will you do to make your commute bearable?

- Drive to Work in Silence?
- Breathe? (Fun Fact: your Apple Watch can help you with this)
- Make your Drive Home a Treat?
- Add a commute?

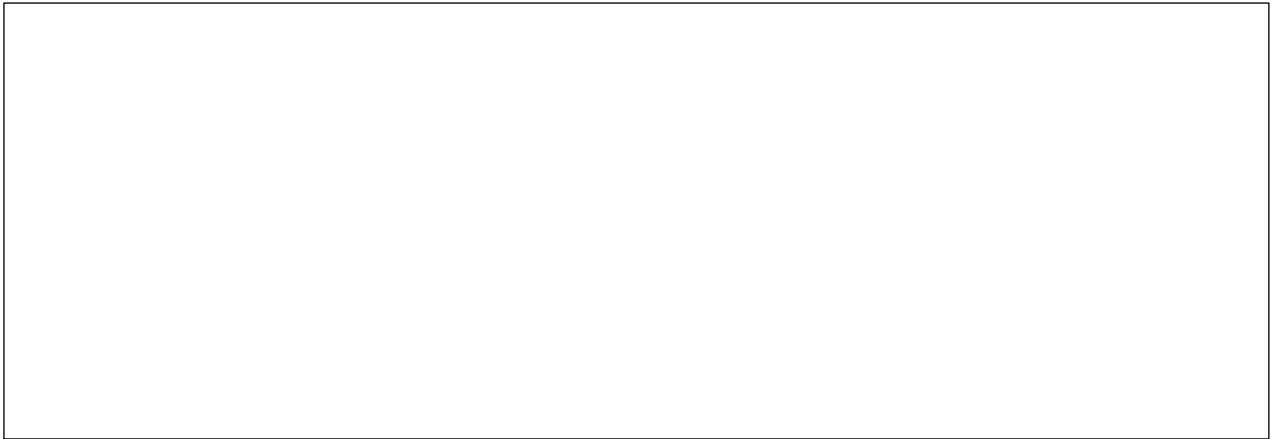
“If you fail to plan, you are planning to fail.”
–Benjamin Franklin

My Action Plan (MAP) Meal Time Crisis:

What will you do to make mealtime less of a crisis?

- Grocery Pickup/Delivery?
- Classroom Pantry?
- Fruit?
- Delegate a Meal?

Don't let the perfect be the enemy of the good.



“The human Voice is the most perfect instrument of all.”
–Arvo Pärt

My Action Plan (MAP) Vocal Fatigue:

What will you do to care for your one voice?

- Nonverbals?
- Are You Singing with Your Students?
- Microphone?
- Wait for silence to speak?
- Other Action Steps?

“A 30 minute workout is just 2% of your day. No excuses.

–Spark People

My Action Plan (MAP) Movement:

How will you add movement to your routine?

- Before School or After School?
- Social Time?
- Short Bursts?

Would it help to reframe it from “have to” to “get to”?

“Not my circus, not my monkeys.”
–Polish Proverb

The problem with saying yes all the time is that it won’t make you Wonder Woman. It makes you a worn-out woman.”
–Lysa TerKeurst

My Action Plan (MAP) The Thief of Joy:

What one step will help you have realistic expectations for your hours and output?

- Social Media?
- Eyes on your own Paper?
- Not a Competition?

My Action Plan (MAP) Summary:

Take this time to review your answers.

- Put Things in Your Calendar?
- Set up Bedtime or Breathing?
- Order a Microphone?
- Aim for Small, Sustainable Steps?