

How YOU Doin'?
Dealing with the Hidden Challenges of Anger, Burnout, Anxiety, and Depression

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1. Anxiety

a. Signs

- i. Speaking fast
- ii. Shaking
- iii. Crying
- iv. Cracking knuckles
- v. Twirling hair
- vi. Nail biting
- vii. Fast breathing
- viii. Short Fuse
- ix. Doubting yourself

b. Low level coping strategies - Use these all the time

- i. Deep Breathing- In for 4, out for 8 4X
- ii. Fight the inner critic! Don't put up with it! Call it Out! Say the truth!
 - 1. Get several small notebooks- When your self critic comes out, write the statement in the notebook. When you have an opportunity, speak back to it in a sassy way, always finishing with "so be quiet" or "I'm not listening to you today!" Then rip out the paper and throw it away.
 - 2. Speak the self critical comments into your phone. Then after you've responded, delete the comments.
 - 3. Consider giving your self critic a name.
- iii. Add Sensory- Add things in your life that will alert your senses
 - 1. New sights- Look at something beautiful, etc.
 - 2. New sounds- Listen to music, kids playing, the ocean, etc.
 - 3. New smells- A candle, great smelling chapstick, flowers, bakery, coffee shop, etc.
 - 4. New tastes- Anything that tastes good to you!
 - 5. New textures- Put a blanket in a dryer and wrap up with it, wear clothing that feels great, pet an animal, etc.

- iv. Add the Arts (Beginner level is fine!)
 - 1. Art- Draw, paint, take pictures, rearrange furniture, create something, etc.
 - 2. Music- Sing, play an instrument, listen to music, etc.
 - 3. Dance- Kitchen dance party, chair dance on your way to work/school, just dance with kids, take a class, etc.
 - 4. Theatre- Play with your kids, use a British accent, play a game, make up a play, be in a play/musical, act out a song, make a Tiktok video, etc.

c. Medium level strategies (For when you have racing thoughts, feelings increase)

- 1. Mindfulness activities
- 2. Count Backwards from 100 by 1's, 2's, 3's, or 6's (should be slightly hard)
- 3. Do a slightly hard math problem in your head
- 4. 5 senses- What do I see, hear, smell, taste, and touch?
- 5. Ask yourself a question that makes you think.
- 6. Deep breathing- Breathe out 2X more counts than you breathe in

d. High level strategies (For when you feel out of control)

- i. Temperature- Cold packs, hot shower, holding ice, etc.
- ii. Intense exercise- Until you're more tired than angry (or anxious, panicked, etc.)
- iii. Paced Breathing (see Virtual Hope Box app.)
- iv. Squeeze and release muscles

2. Anger

a. Signs

- i. Raised Voice
- ii. Ignoring students/teacher
- iii. Small/Pursed mouth
- iv. Clenched jaw
- v. Squinty eyes
- vi. Nonchalant attitude
- vii. Overreacting
- viii. Throwing things, punching walls, breaking batons, etc.

b. Reasons for Anger

- i. The energy needed to do something about an injustice
- ii. Resentment (Giving beyond what you have to give)
 - 1. Boundaries
 - a. What do I have to give?
- iii. To mask fear
- iv. To mask sadness
- v. To make us aware of a personal need

c. The thermometer

d. The sweet spots- When to insert coping strategies

3. Depression

a. Signs

- i. Not enjoying things that were once enjoyable
- ii. Uncontrollable crying
- iii. Sleeping too much or too little
- iv. Feeling “numb”
- v. Wasting an excessive amount of time on “distractions” (Phone, TV, gaming, etc.)
- vi. Not wanting to engage with people
- vii. Being easily angered or irritable

b. Steps to relieving depression

- i. Level I - Do one thing
- ii. Level II - 2 minute timer
- iii. Level III - 5 minute timer
- iv. Level IV - 10 minute timer
- v. Level V - 15 minute timer
- vi. Repeat as needed/desired

c. Sleep

- i. Sleep Cycles
- ii. Apps- Sleep cycle, power nap

d. Balance

- i. Carving out “pockets” of time
- ii. 15 hour rule - Maintaining your most crucial relationships
- iii. Solving Circle (Dr. Glasser)
- iv. *The Lazy Genius* by Kendra Adachi
 - a. Decide once
 - b. Start small

- c. Ask the magic question when you want to - “What can I do now to make my life easier tomorrow?”
 - v. Introverts vs. Extroverts
 - vi. Cleaning your “house” at home or at school.
 - a. *How to Manage Your Home Without Losing Your Mind* by Dana White
 - vii. Create boundaries
- e. Sometimes medication can be helpful (Lexapro, Zoloft, etc.) This can be prescribed by your general doctor.

4. Burnout

- a. Signs
 - i. Ignoring your own needs
 - ii. Ignoring your body’s signs
 - iii. Ignoring your mental health
 - iv. Ignoring makes things bigger...
- b. Steps to relieving burnout
 - i. **Use the Feelings Wheel**, tell yourself the truth
 - ii. Use coping skills (as discussed earlier)
 - iii. Create boundaries

5. Total Behavior (“Choice Theory” by Dr. William Glasser)

- a. Actions
- b. Thoughts
- c. Feelings
- d. Physiology
- e. Change one and you change them all

6. The Polyvagal Nerve (Dr. Stephen Porges)

- a. Window of Tolerance
- b. Hyperarousal - EXTRA energy to fight or run away (Anger, Anxiety, Panic)
- c. Hypoarousal - Your body wants to shut down (Depression)

7. The Five Needs (“Choice Theory” by Dr. William Glasser)

<https://wglasser.com/quickstart-guide-to-choice-theory/#basic-needs>

- a. Security - “Am I safe?”
- b. Love/Belonging “Do I fit in? Do I belong? Am I loved?”
- c. Power/Control - “Do I matter? Am I competent? Am I leaving a legacy?”
- d. Freedom - Wanting to do what I want, when I want
- e. Fun - Wanting to Learn and Play

8. Refreshment

a. Making room for you

- i. Emotional needs
- ii. Physical needs
- iii. Musical needs
- iv. Spiritual needs

b. Inspiring/Motivating yourself

- i. Music that inspires you
- ii. Quotes/Discussions that inspire you
- iii. Establishing Core Values for you and your classroom
- iv. Loving your students
- v. Learning the Enneagram
- vi. 5 Levels of Musicianship

c. Reaching Out for Help

- i. Therapy
- ii. Form a support group
- iii. Mentors
- iv. Clinicians
- v. Call me or send me a message
- vi. Remember that everyone is weak and everyone is strong. No one is without weakness or strength.
- vii. Make plans by seeking advice
- viii. *The Next Right Thing* by Emily Freeman
- ix. *Let Your Life Speak* by Parker Palmer
- x. Consider being a counselor in retirement!

Remember...H.O.P.E.
Hang On....Pain Ends!!!!

You are doing incredible things in this world!!!
Never forget how valuable you are!!!!

Coping Strategies

(Used for anxiety, anger, or panic)

Low level coping strategies - Use these all the time

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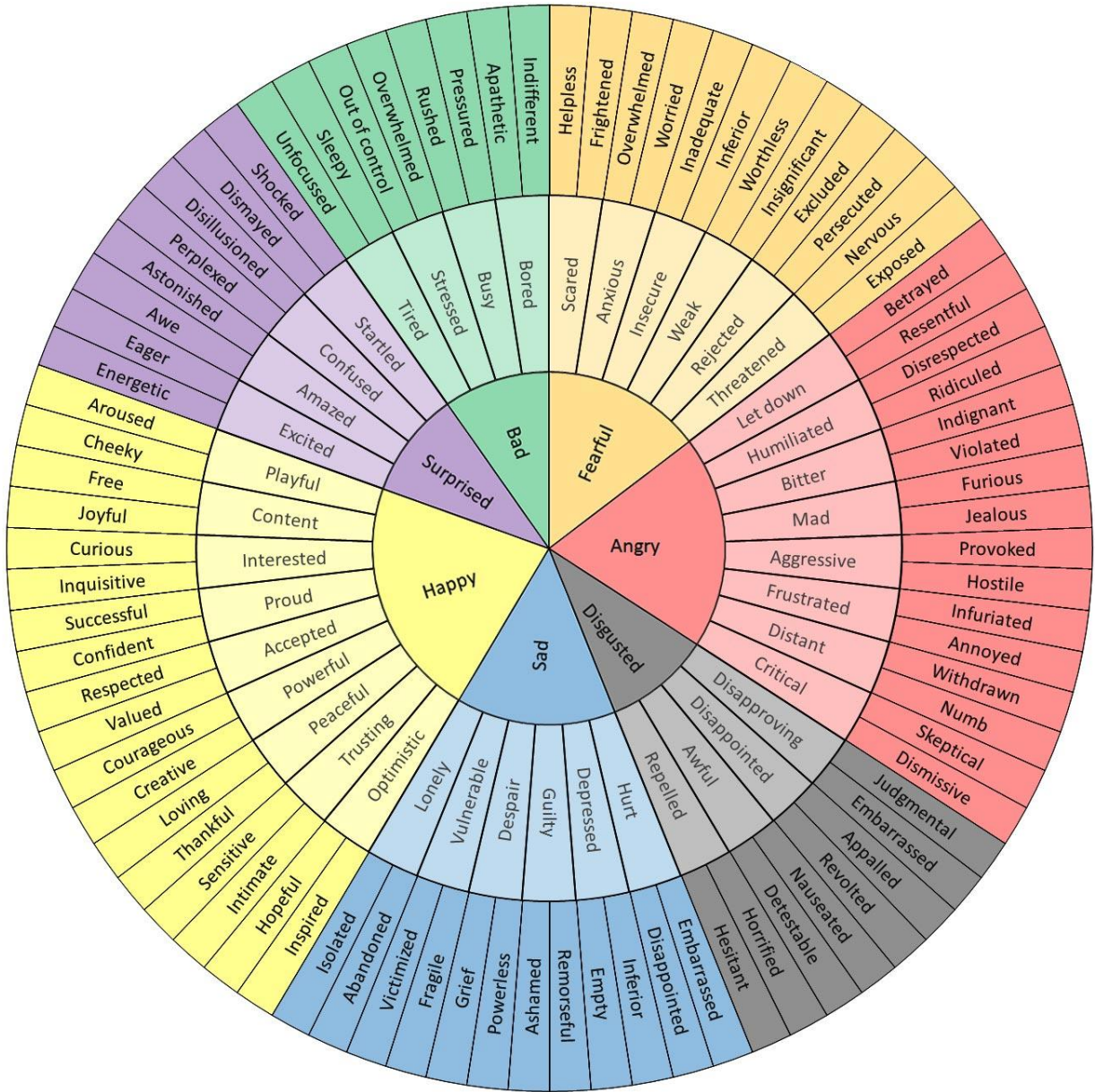
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Feelings Wheel

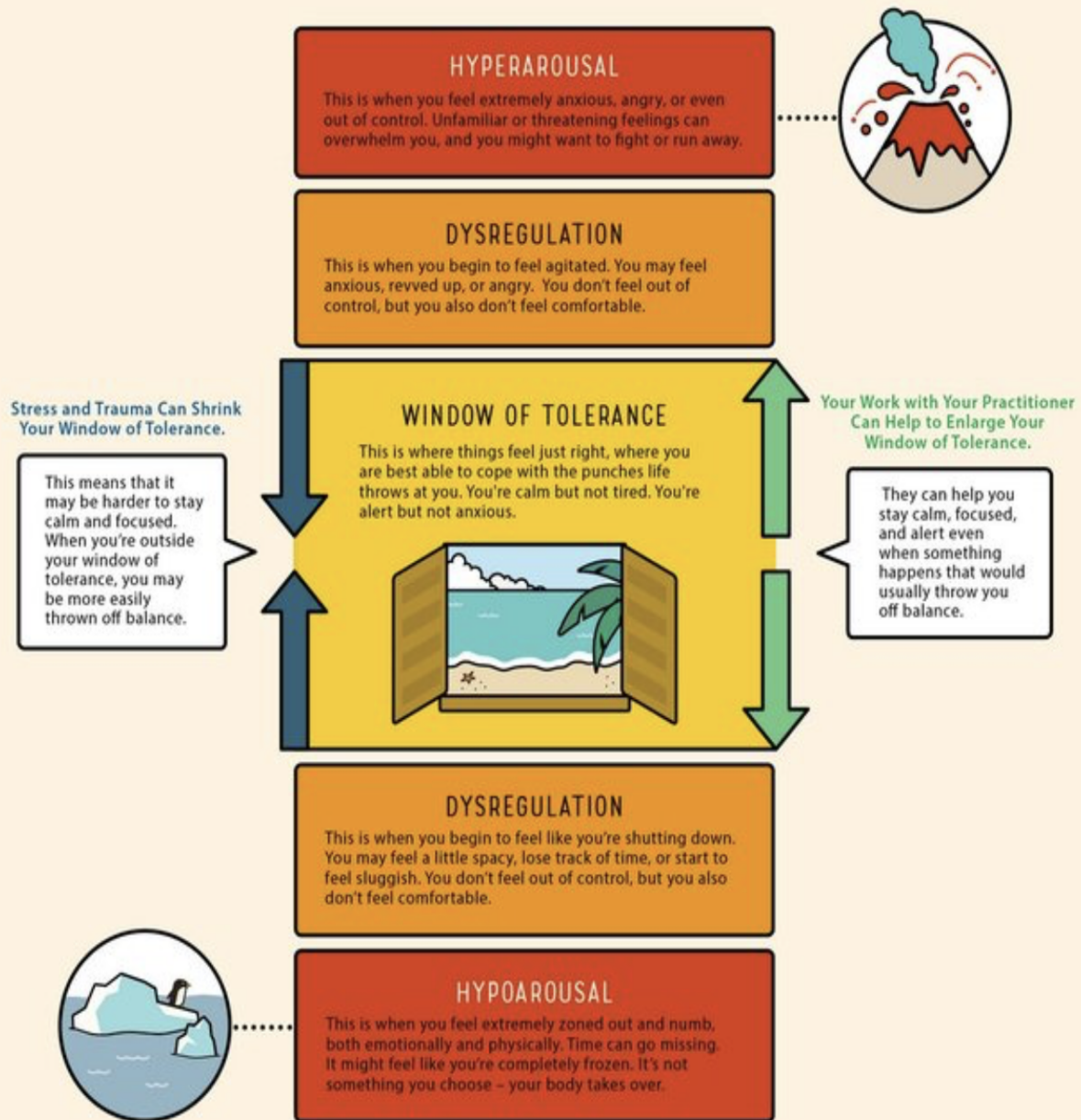


1. Look at the inner circle and ask “Am I feeling _____?” (Bad? Sad? Fearful?)
2. Find the segments you said yes to, then ask yourself yes or no questions for each of the middle level feelings.
3. Follow the Yes questions to the outside ring and find the word that describes your feeling best.
 4. Ask yourself, does your feeling represent the truth?
(For example, if feeling inferior, are you actually inferior?)
 5. **Tell yourself the truth.**

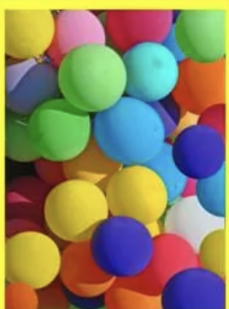
(It's true that our bands are not the strongest players in the district, but we also have 68% of our students on free or reduced lunch. The fact that they are proud of themselves also matters. The role that I play in providing opportunities for these kids counts at least as much (or more) than whether or not we get a I or II at festival. Not every great thing can be measured.)

Polyvagal Theory- Window of Tolerance

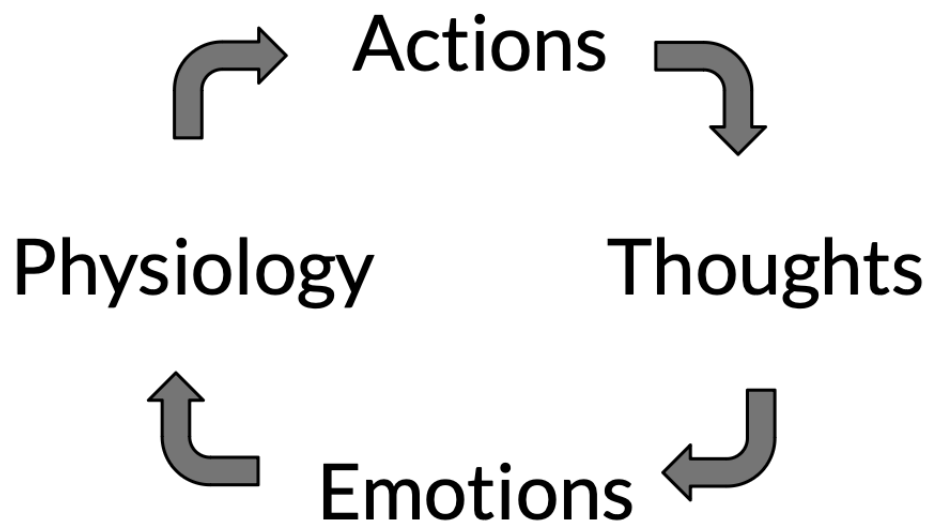
How Trauma Can Affect Your Window of Tolerance



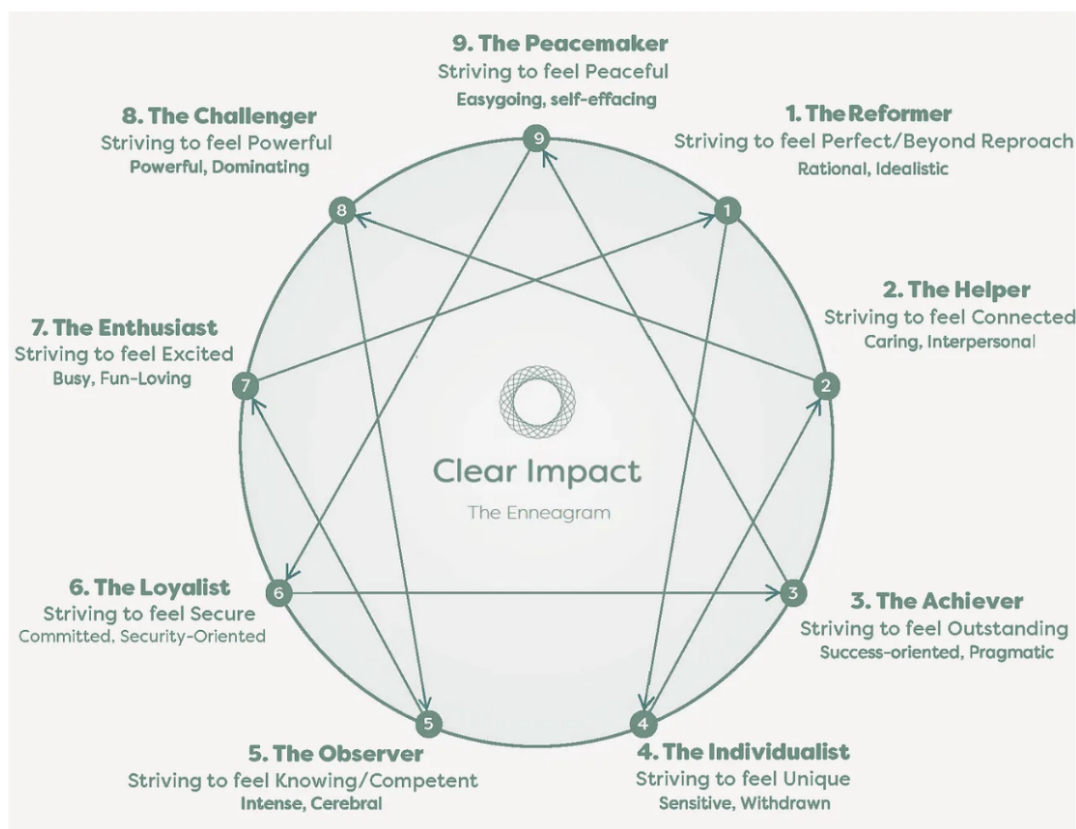
Dr William Glasser's *Basic Needs*

				
Love & Belonging	Power	FUN	Survival	Freedom
✓ belonging ✓ being loved ✓ being respected ✓ friendship ✓ sharing ✓ cooperation	✓ recognition ✓ success ✓ importance ✓ achievement ✓ skills	✓ enjoyment ✓ laughter ✓ learning ✓ change	✓ health ✓ relaxation ✓ sexual activity ✓ food ✓ warmth	✓ choices ✓ independence ✓ freedom from ✓ freedom to

TOTAL BEHAVIOR



Understand Your Students' Ways of Seeing the World



LEVELS OF MUSICIANSHIP

Band students strive to move through five levels of musicianship throughout each concert cycle. Students are expected to have Level I accomplished by the end of the 2nd week of a concert cycle through at home practice. All students are expected to reach a minimum of Level 3 by each concert. The top players in each group will consistently be striving for levels IV and V, having accomplished levels I, II and III. The following defines each level:

- Level I Working on notes and rhythms
- Level II Working on dynamics, basic phrasing, accents, articulation markings, style, and anything else on the page
- Level III Working for rhythmic stability by using a metronome and working on intonation using a tuner.
- Level IV Working on musical nuance and thoughtful phrasing to make the music come to life.
- Level V Listening to recordings and professional players regularly, generating original, creative, and musical ideas to share with colleagues during the rehearsal.