
How YOU Doin'?

Dealing with the Hidden Challenges of Anger, Burnout, Anxiety and Depression

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The truth.

This is the topic no one wants to talk about. This job is slowly killing teachers because from the moment we start until the moment we retire, we just keep putting rocks in our backpacks.

TODAY...rocks come out.

its okay if you can't catch
your breath - you can
take the oxygen straight
out of my own chest

By a show of hands...or not...

- Who has ripped into students during the past month?
- Had paralyzing fear- of parents, students, administrators, your own mistakes?
- Who has secretly given up?
- Who has secretly wanted to die in the last year?

THINGS CAN GET BETTER

Fear won't always sit in the driver's seat.

I can figure out this anger before it makes me lose my job
or have a heart attack.

No job is worth my life.

I will care again one day.

WE'RE GOING TO TALK ABOUT THE REAL STUFF

and WHAT WILL MAKE IT BETTER... NOW.

The #1 Difficulty of Directors is Burnout.

Burnout is another way of saying my Anxiety, Depression, and Anger have gotten SO bad that the ONLY thing I can do is to LITERALLY disassociate. (REALLY BAD)



IF YOU ARE
BURNED OUT,
YOU ARE
EXPERIENCING
ANGER, ANXIETY,
DEPRESSION, OR
ALL THREE

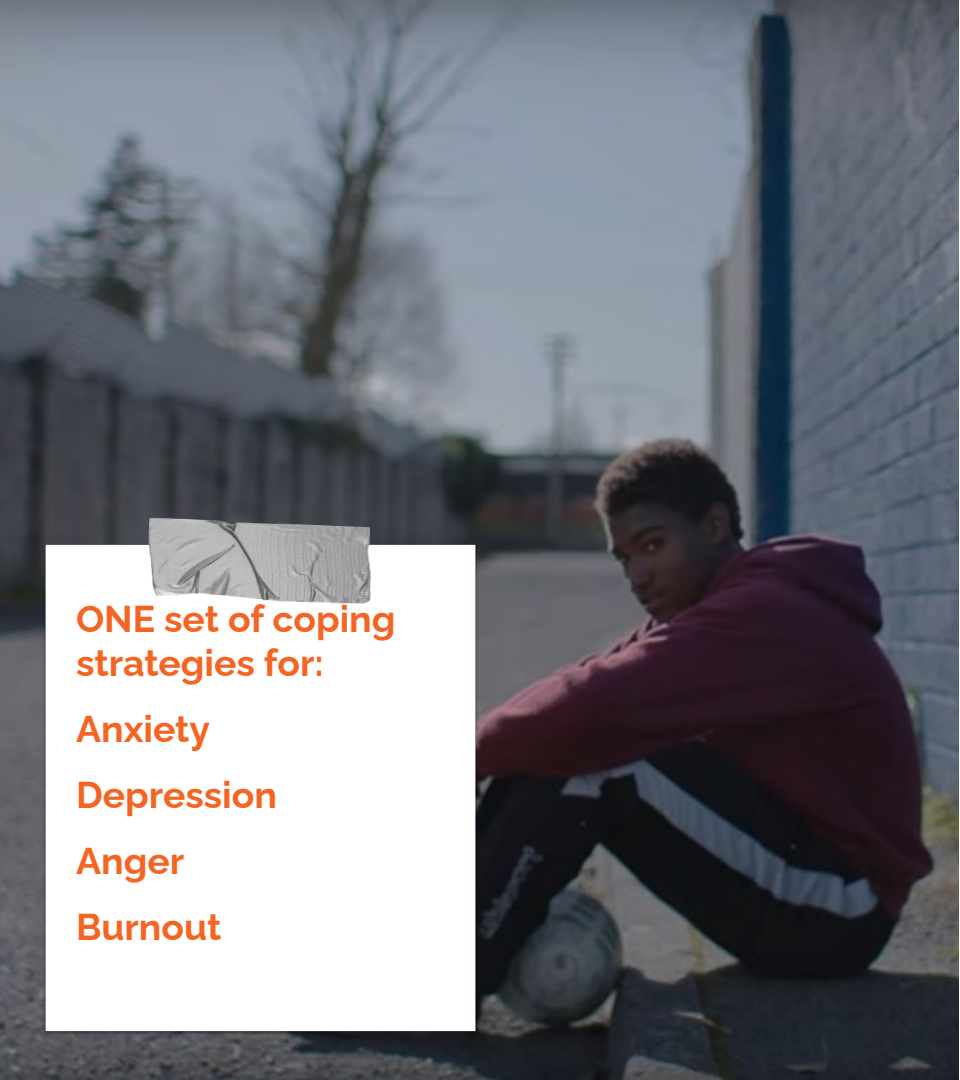
Let's fix things.



Anxiety is all about Worry

- That your group won't be ready for a concert
- That you aren't good enough to do this work
- That you will miss out on the best years of your kids' lives
- That you made a mistake going into education
- That even though you are exhausted, there is not enough time in the day to achieve quality results

what would it feel like
to put this baggage down?
if i'm being honest,
i'm not sure i know how.



ONE set of coping strategies for:

Anxiety

Depression

Anger

Burnout

3 Levels of Coping Strategies

Low Level - DO THESE EVERY DAY to keep you in healthy space

Medium Level - When your mind is racing

High Level - When you feel out of control

Low Level Strategies

- Deep Breathing
- Talk Back to the Self Critic
- Add Sensory
- Add the Arts

Story for illustration purposes only



Tip

Do many LITTLE things that make you feel good every day so that you create extra energy that you will want to give away.

now I have learned my
lesson; the price of this
so-called perfection is
everything.

A hand holding a smartphone is visible in the background, with the screen showing some text. The background is a blurred red color.

THE SELF CRITIC can destroy who we are and what we do.

A small, rectangular piece of white tape is positioned above the tip text.

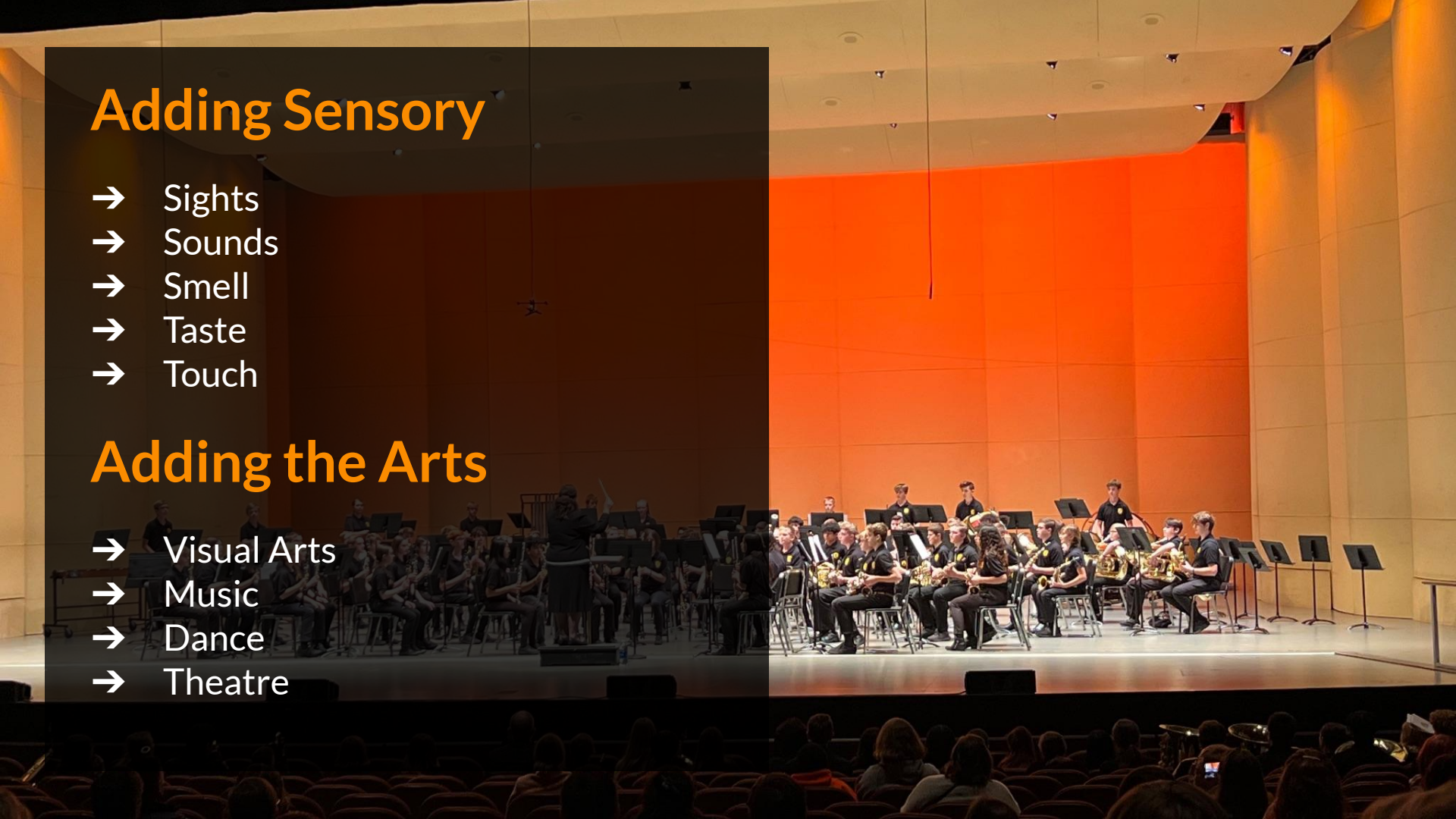
TIP: Once you begin to see how loud your self critic is, you will recognize it in your ensembles, creating confidence for not only you, but also your students.

Adding Sensory

- Sights
- Sounds
- Smell
- Taste
- Touch

Adding the Arts

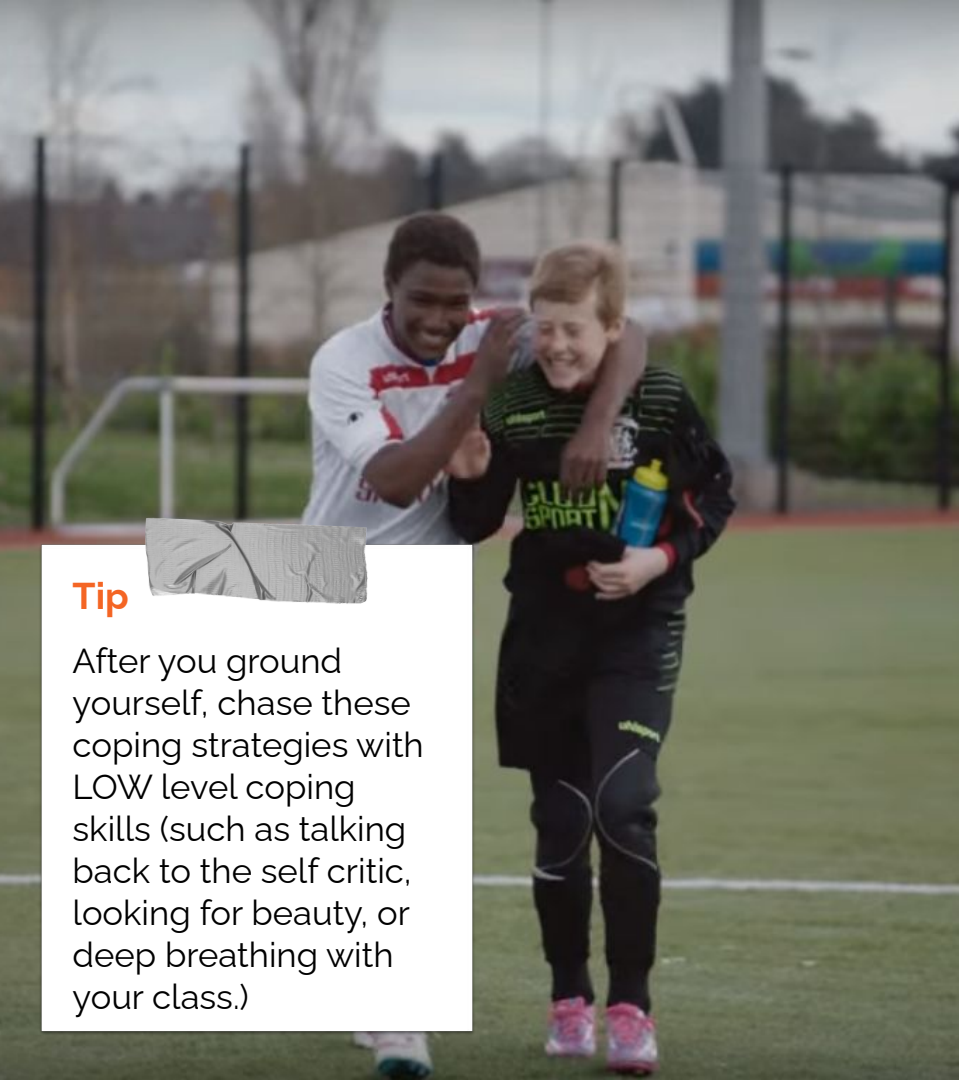
- Visual Arts
- Music
- Dance
- Theatre



Medium Level Coping Strategies

(Mind is Racing!)

- 5 Senses exercise
- Count backwards from 100 by 3s
- Ask yourself a question you have to think about.



Tip

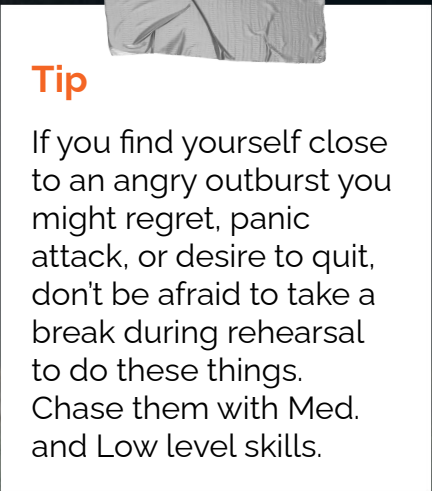
After you ground yourself, chase these coping strategies with LOW level coping skills (such as talking back to the self critic, looking for beauty, or deep breathing with your class.)

High Level Strategies

T - TEMPATURE

I - INTENSE EXERCISE

P - PACED BREATHING



Tip

If you find yourself close to an angry outburst you might regret, panic attack, or desire to quit, don't be afraid to take a break during rehearsal to do these things. Chase them with Med. and Low level skills.



Anger

- ❑ Yelling or raising your voice is normal
- ❑ Saying things like "Whatever", or "I can't care anymore."
- ❑ Small mouth, clenched jaw
- ❑ Breaking things when you are by yourself or in public.
- ❑ Saying clearly unkind or cruel things
- ❑ Zoning out
- ❑ Criticizing yourself internally
- ❑ Thinking of kids as "cancer" or "toxic"
- ❑ Body pain as a result of tension
- ❑ Headaches

Thermometer of Anger, Anxiety, or Panic

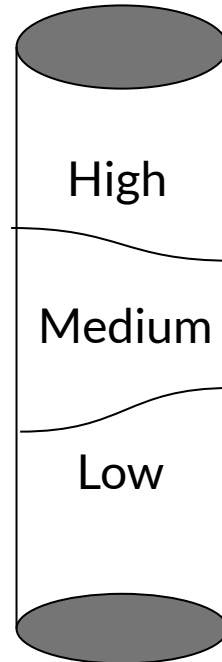
9 - Verbally out of control, saying unkind things with no regard to someone's feelings.

7 - Brain decides, "I can't handle this"

5 - Frustration, shame, or fear sets in

3 - Try to solve the problem

1 - Calm space



10 - Intense feelings, completely out of control physically, breaking things, throwing things

8 - Beginning to panic, or be out of control

6 - Mind is racing, anxiety, anger, or panic increases

4 - Push back from parents, students, administration, or self

2 - Someone complains, criticizes, interrupts, or in some way takes away your peace



Depression

- ☐ Moving more slowly
- ☐ Rarely inspired, no longer enjoying what used to be exciting
- ☐ Every day is a struggle to get up
- ☐ Wasting large amounts of time on distractions
- ☐ Wanting to close your eyes and not wake up
- ☐ Uncontrollable crying
- ☐ Sleeping too much or not enough
- ☐ Irritable and easily angered
- ☐ Disengaging with students
- ☐ Feeling numb

Know Your Depression Level

Level 1 - Just do one thing

Level 2 - 2 minute timer

Level 3 - 5 minute timer

Level 4 - 10 minute timer

Level 5 - 15 minute timer

Repeat as desired

You are now ready to face the world again

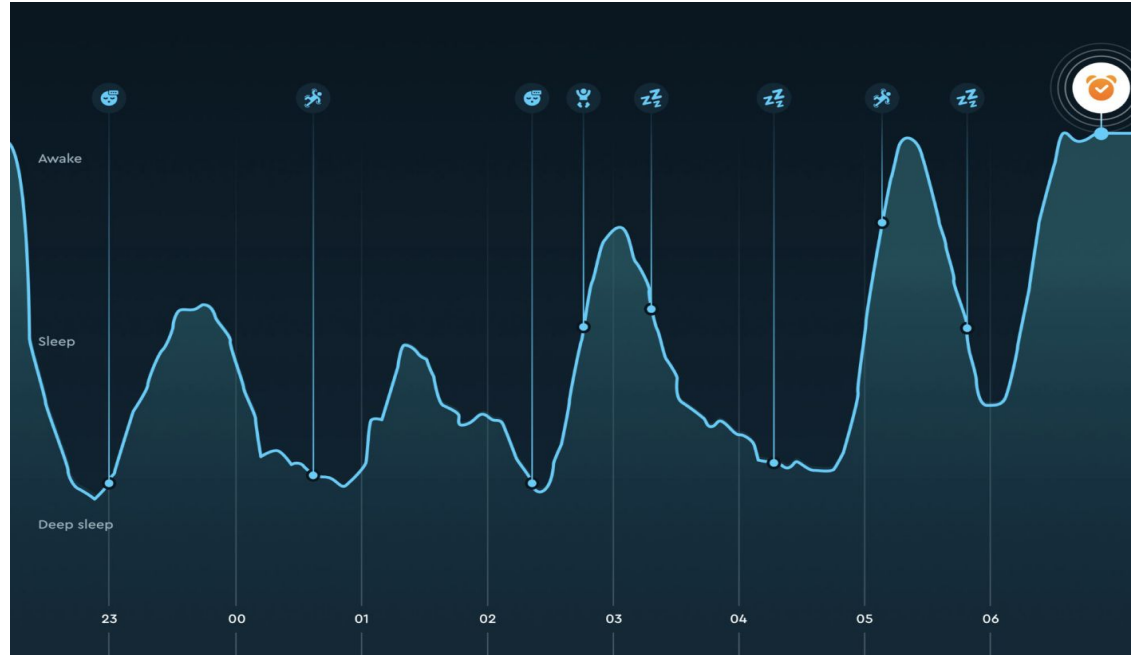


Tip

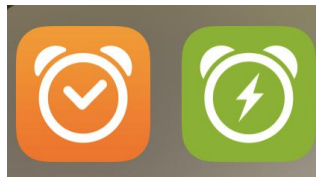
Where are you?

When setting your timer, pick a project that will make the greatest difference and possibly inspire you to do the next thing.

Sleep Cycles - Getting the Most Out of Your Sleep



Sleep
Cycle



Power
Nap



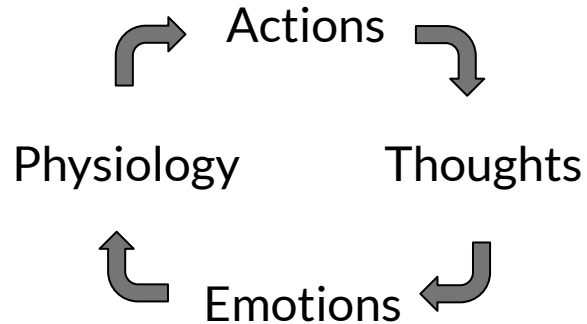
Got Balance?



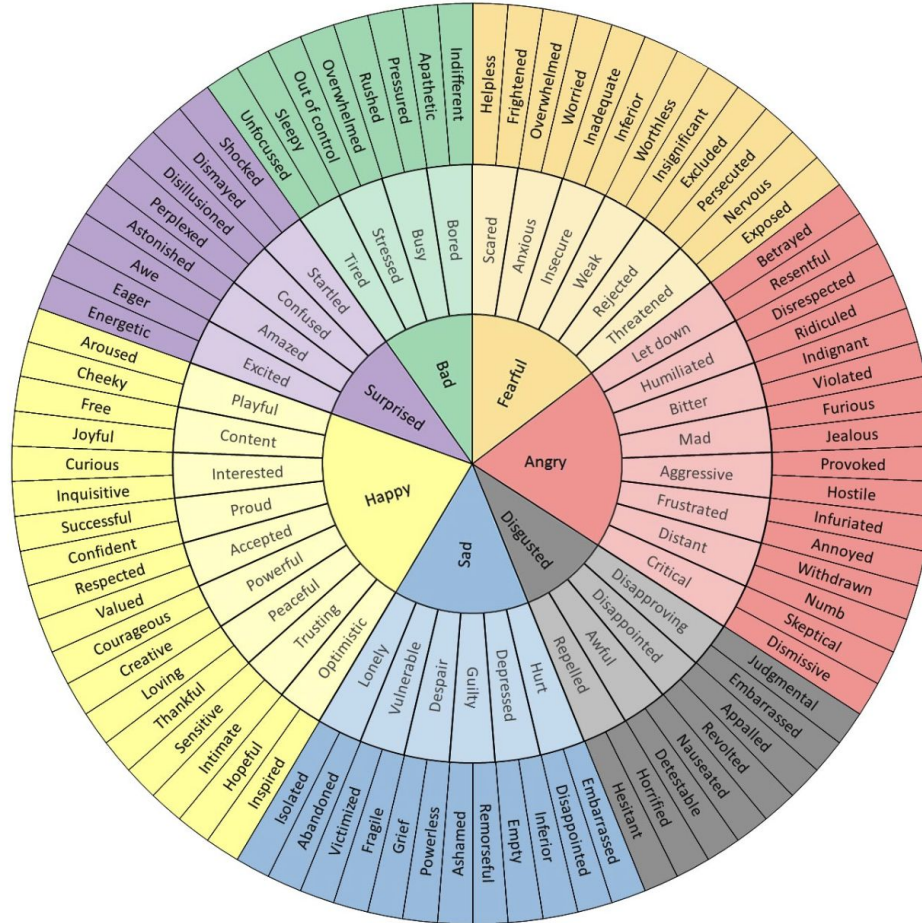
Burnout

- ❑ Ignoring your own needs
- ❑ Ignoring your body's signs
- ❑ Ignoring your mental health
- ❑ Ignoring makes things bigger...

TOTAL BEHAVIOR

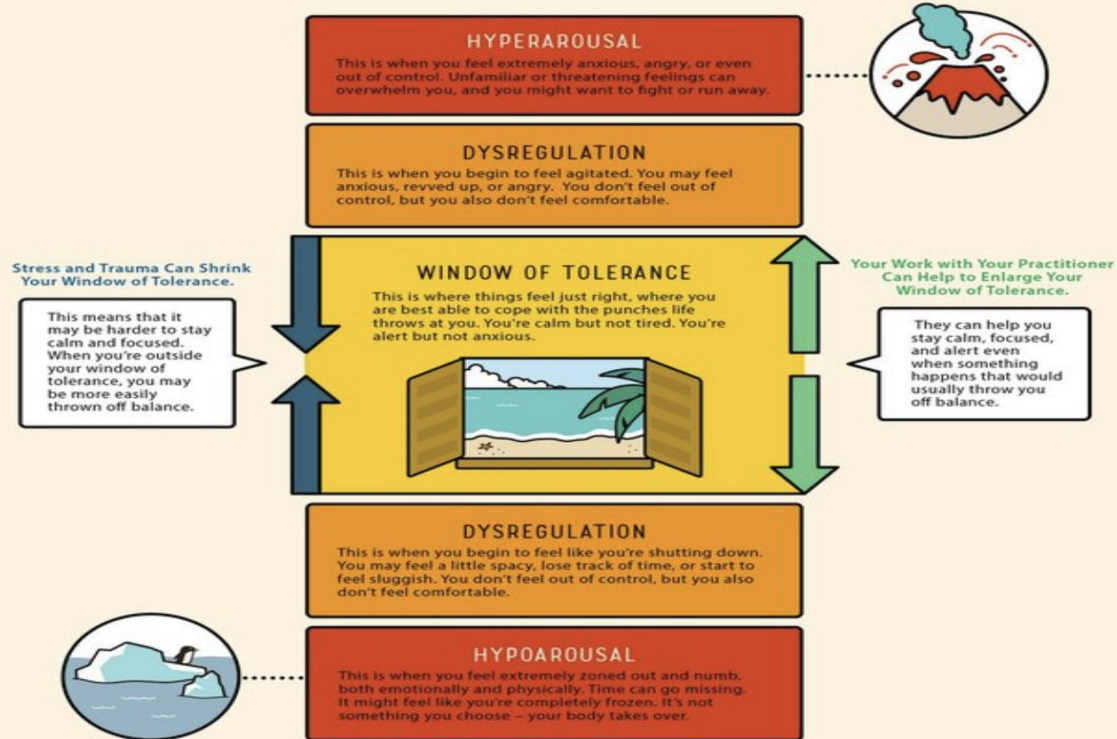


Feelings Wheel



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

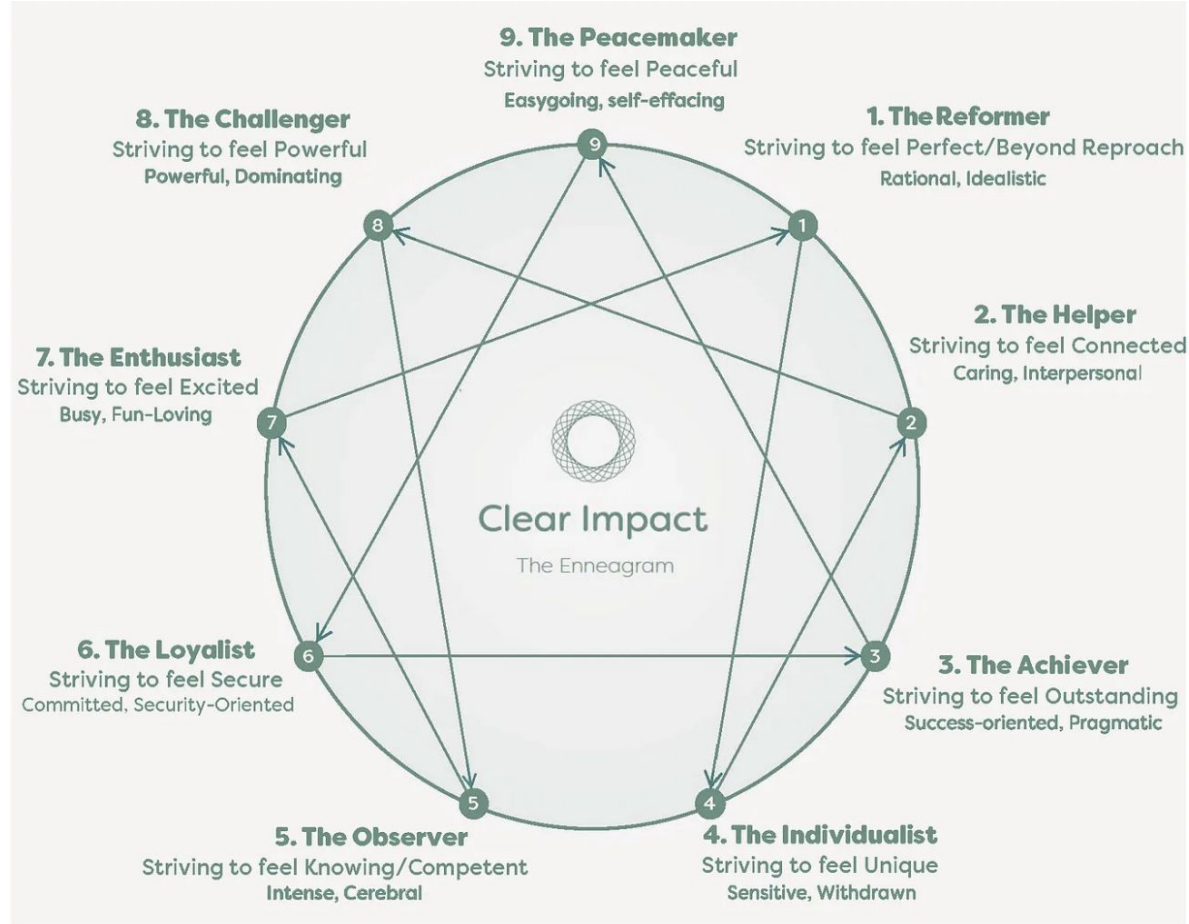
You need a place at your table...





Curiosity creates
Inspiration

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.

Reach out...everyone needs help sometimes



maybe I've done enough,
and your golden child grew up.
maybe this trophy isn't real love -
and with or without it,
I'm good enough.