

How Routine Saved Me from Burnout

Making Small Adjustments in Process to
Achieve Massive Results

Eric Rath, Canyon High School
Canyon, Texas

Burnout: not just a buzzword



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44%

of teachers report
"very often or always
feeling burned out"

Burnout: not just a buzzword

44%

of teachers report
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being burned out

Social

Social Media &
Lawn Mower Parents

Burnout: not just a buzzword

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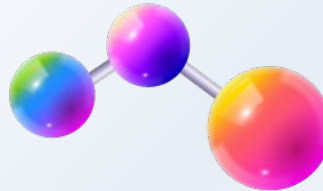
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Treadmill

More requirements,
Higher expectations,
Fewer Resources



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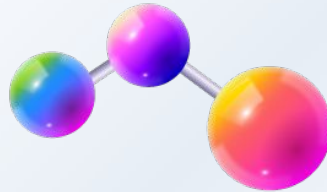
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Walking Away

Teacher Attrition:
Who will mentor
young teachers?

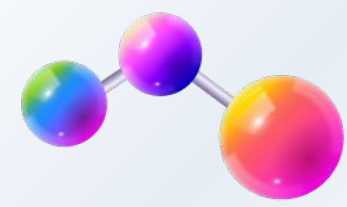
**We can't fix everything,
but we have more control
in more areas than we realize.**





“God, grant me the serenity
to accept the things I cannot change,
the courage to change the things I can,
and the wisdom to know the difference.”

from the Prayer for Serenity by Reinhold Niebuhr

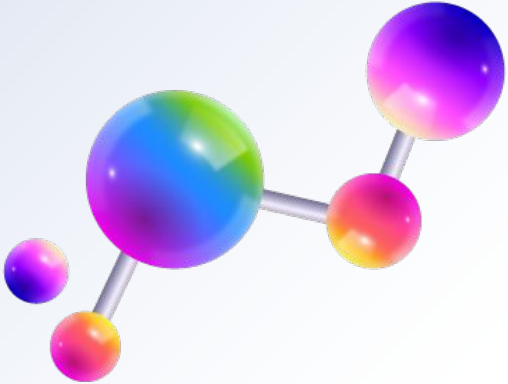




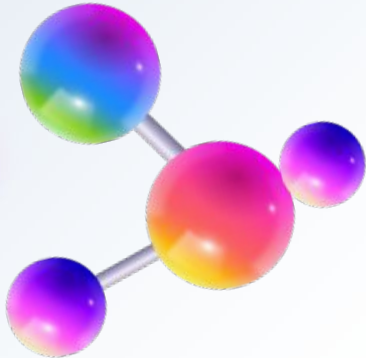


**"Give me six hours
to chop down a tree
and I will spend the
first four
sharpening the ax."**

—Abraham Lincoln



Personal Life



The Night Owl versus the Early Bird

How 6 ½ minutes before bedtime helps to
“win” the next day... before it has even begun.

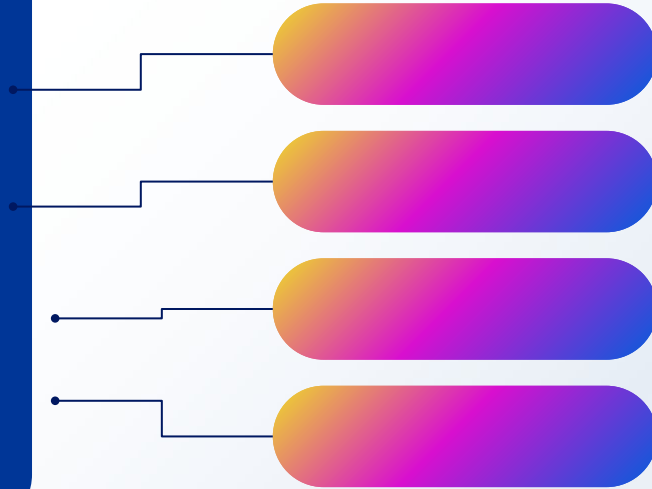
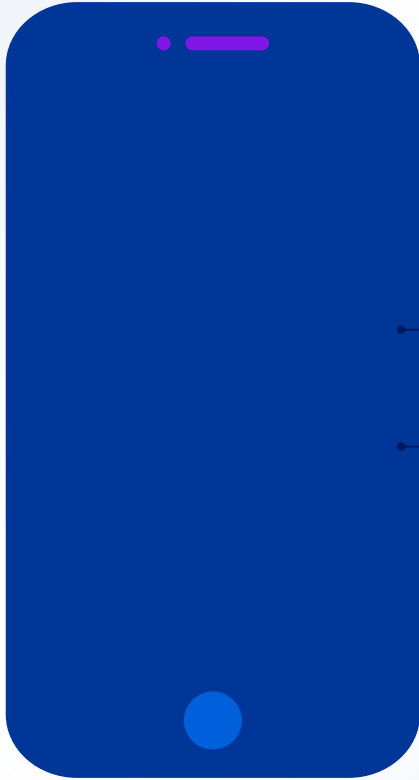


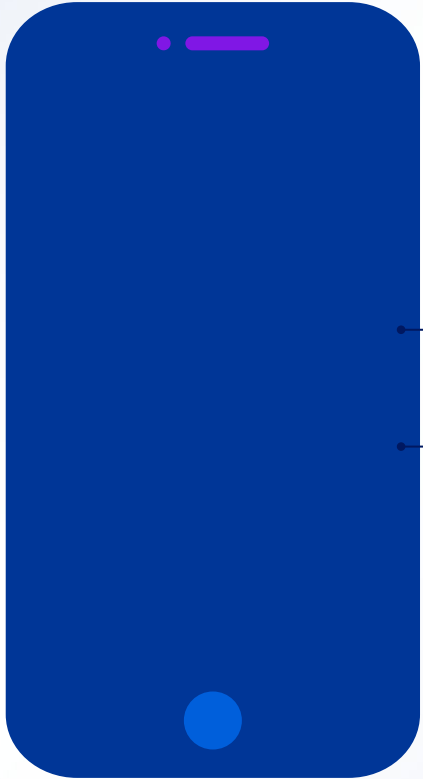


Weight Loss: Small Habits, Big Results!

April 2021 versus April 2022

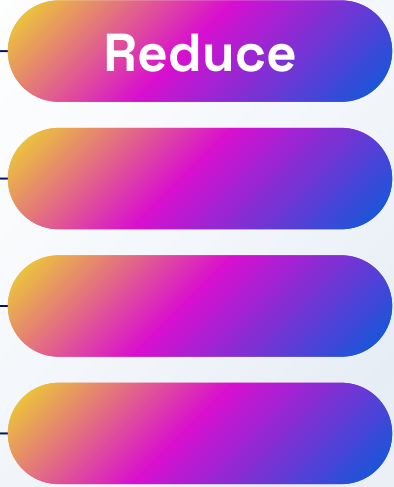
How to “Outsmart” your Smartphone.

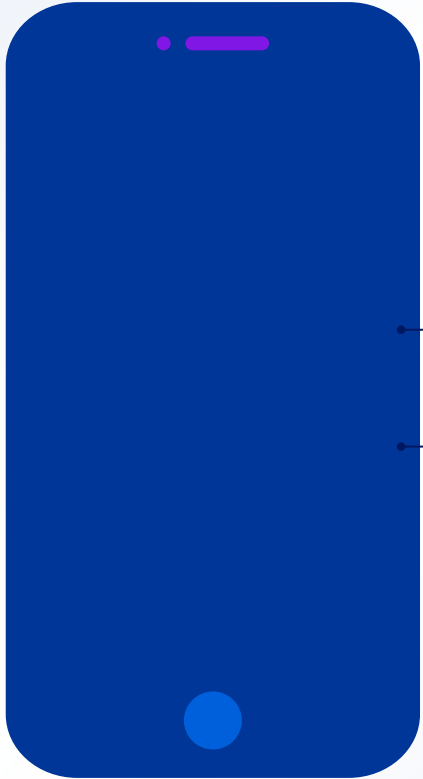




**Don't be “outsmarted”
by your Smartphone.**

Reduce

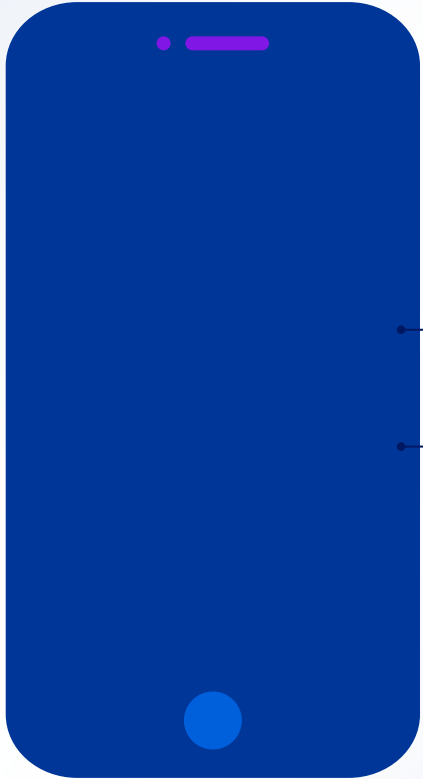




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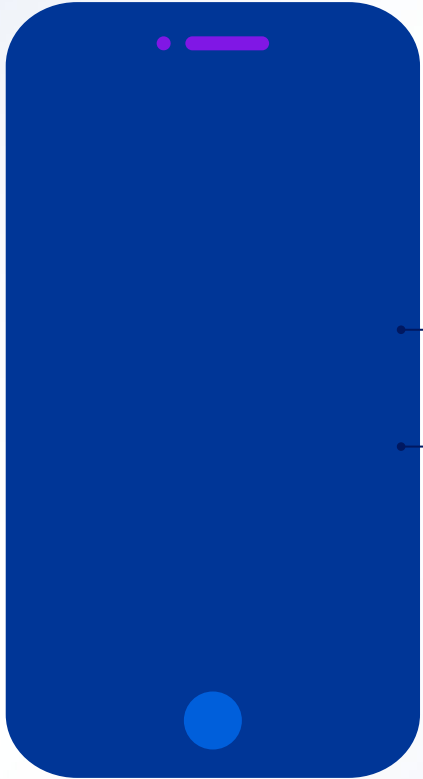
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Recharge





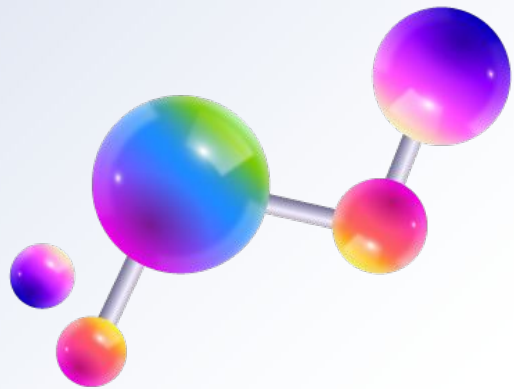
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Reduce

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Recharge

Reset

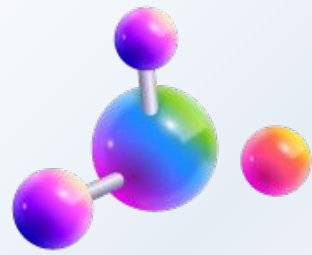


In the Band Office



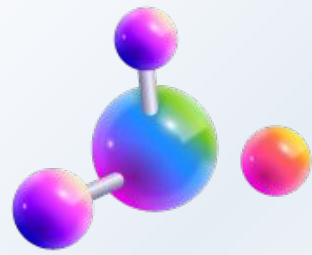


In the Band Office (non-teaching)





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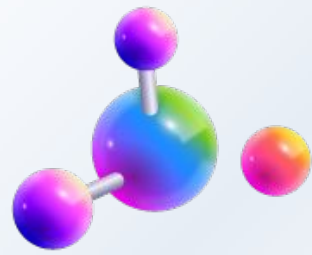
Email

Scheduled - 3 times a day
& Off of my phone
(boundaries)





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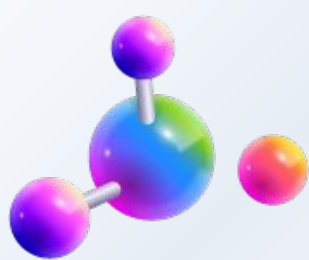
Office Hours

Parental & Student
access to me is
purposely limited.





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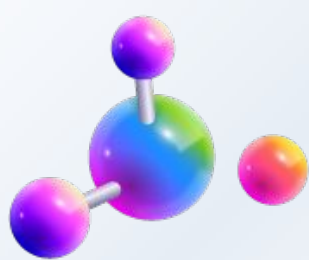
Score Study

Create a conducive
environment and a regular
time.





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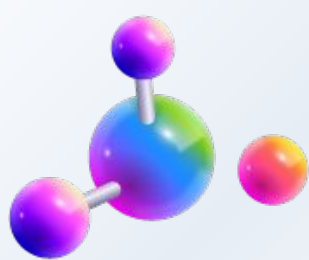
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Communication

Weekly Emails
on Sundays,
Google Doc on Monday



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To-Do List

A pinned Google Doc on
Chrome Browser that
focuses on "the macro."



To-Do List by Seasons – when do things have to get done:

By Category:

Marching Band Logistics (rehearsals, buses, etc)

Marching Band Design

Financial Obligations

All Region/Area/State

Calendar Information

Concert Band

Solo & Ensemble/Chamber Music/Jazz Band

Percussion Ensemble

Student Leadership

June

- Hire Summer Band Sectional Teachers
- Hire Fall Marching Band Clinicians
- Continue communicating with Show Designers
- Continue prop building process

August

- Request All Buses and Trucks for entire Semester
- Hire Masterclass & Mock Audition Teachers (i.e. WTAMU Applied Faculty)
- Private Lesson Academy (when WT starts back up)
- Update Private Lesson List - Publish in Weekly Email, add to Email Signature

September

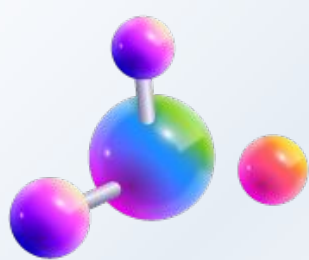
- Divise plan for Solo & Ensemble Contest, Chamber Concerts & Greater Southwest, etc.
- Send out Solo Selection Google Form
- Begin picking out chamber music for small ensembles
- Select Programming for the Percussion Ensemble Concert, order any pieces as necessary
- Select Programming for Jazz Band, order any pieces as necessary
- Jazz Band rehearsal schedule, logistics

October

- Send out Solo Interest Google Form (should be taking lessons!)
- Pass Out Percussion Ensemble Concert Music to at least HS students (JH, if possible)
- Pass Out Jazz Band music, rehearsal schedule, meet to discuss expectations



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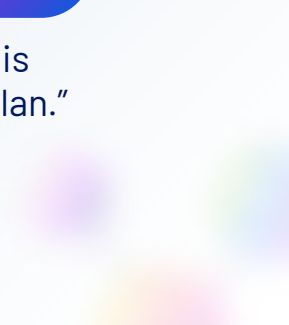
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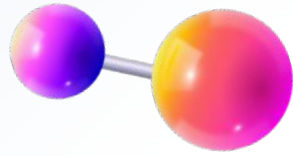
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Lesson Plans

"Today's Rehearsal is
Tomorrow's Lesson Plan."



Final Thoughts



Thank you!

Contact Info:

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Essential Reading:

Atomic Habits - James Clear

Start with Why - Simon Sinek

Mindset - Carol Dweck

Outliers - Malcolm Gladwell

Outsmart Your Smartphone - Tchiki Davis

Less Enthusiastic Recommendations:

The 4-Hour Work Week - Tim Ferriss

A World Without Email - Cal Newport

Grit - Angela Duckworth

The Ruthless Elimination of Hurry - John Mark Comer

