

## STRESS HAPPENS!!!

ISSUE: Student is talking

Option 1 - Address the stress in your body with a coping strategy

- a. Breathe
- b. Talk back to the self critic:
  - i. "I have been working with the clarinets for a while, I can handle this with a 'shhhh'. I'm not going to rip into myself today, so be quiet!"
  - ii. "Just because they are talking doesn't mean anything more than they are bored. I may need to get them to be more active in the next part of rehearsal, but it's not the end of the world that there is some talking. I can fix this."
- c. Add sensory
  - i. I am going to listen to the direction of this line and ask another section their thoughts.
  - ii. I am going to notice the beauty and energy in having 12 clarinet players working so hard for me in rehearsal.
- d. Add the arts
  - i. Dance to the music!
  - ii. Sing the music.
  - iii. Add visuals by conducting, get creative, etc. Ex. Have some other students design loud or soft signs to hold up, etc.
  - iv. Add play - Ex. have students demonstrate visually through gestures the style (just during rehearsal.)

Option 2 - Address the situation outright after you have addressed the stress in your body. (Be sure to document)

- a. Ask for someone to stop talking in a calm voice
- b. Ask again, then say if you aren't able to, I will have to \_\_\_\_\_ (action)
- c. DO THE ACTION (Threats aren't a thing)

Option 3 - Ignore the issue and systematically get more and more and more stressed as you continue to hold in your angry or frustrated feelings.

(HINT: DON'T CHOOSE OPTION 3 😊)

YOU'VE GOT THIS!!!!