

CWU – Music Education and Mental Health with Lesley Moffat

Thank you for joining us for today's webinar. It will begin at 6:00 Pacific time.

In order to make this run as smoothly as possible, here are a few pointers:

- Please make sure you are **muted** unless you've been specially called on to speak.
- Feel free to post your **questions or comments in the chat box** and we will address them as we are able.
- Please have something to write in or to take notes for an activity we will do. 😊





TODAY'S PRESENTER:

Lesley Moffat

- Director of Bands
Jackson High School
Mill Creek, Washington
- Author of "I Love My Job but It's Killing Me"
and "Book 2: To Be Retitled"
- Founder of *The mPowered
Music Educator Academy*
- Runs *Band Director Boot Camp*

Activity

Spring 2019

What I **was** doing and feeling

Spring 2020

What I'm **currently** doing and feeling

Spring 2021

What I **WANT** to be doing and feeling



Overview

- Survey Results
- Your Stressors
- My Journey and What You Can Learn from It
- Strategies for Stress-Management
- Preparing to Teach in a Post-COVID World

How Can I Be a Successful Music Student and Music Teacher *without Burning Out?*



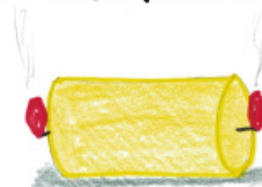
Biggest Challenges:

TIME and **RESOURCES**
to Do Everything That
Needs to Be Done



HOW HARD ARE YOU WORKING?

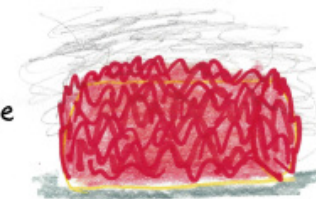
burning the candle at both ends
0-dimensional



burning the candle along a line
1-dimensional



burning the candle on its surface
2-dimensional



burning the candle at every
point in its interior
3-dimensional



CWU Survey Results – *from pre-COVID days,*
so be aware that there is likely even *more* stress out there!



In Your Own Words

- “Having enough time to do everything, and do it to the best of my ability, while also having a social life and taking care of myself.” (this is a great summary of everything!)
- “I’m constantly fighting burnout, and feeling shamed by peers and professors for not being more involved in additional activities”
- “No one is mentally able to take care of others because no one can take care of themselves.”
- “The amount of things that need to get done just always grows and I feel like I’m drowning.”
- “The thing that causes me the most stress in life right now is financial insecurity because it impacts all parts of my living life: whether or not I can buy food and have a roof over my head and whether or not I can go to school.”



How Does STRESS Show Up?

- Anxiety
 - Depression
 - Exhaustion
 - Unhealthy Weight
 - Aches and Pains
 - Chronic Sickness or Pain
 - Self-Medicating
 - Acting Out
 - Disengaging from School, Family, Friends, Life
 - Fear of Failure – Must Succeed at All Costs
 - Behavior and Social Skills Suffer
 - Learning Becomes Harder
 - Remembering and Applying Knowledge Is Harder
 - Apathy Sets In
 - Grades Suffer
 - Socially Withdrawn
 - Not Reaching Potential
- By the way: These signs show up in students AND in teachers!

- My goals were to build a program where:
- students have a strong sense of commitment, compassion, and curiosity
- it's a student-centered program with a family atmosphere
- strong leadership from students exists at all levels
- significant parental support is present
- high retention rates exist year after year
- we are respected in the school and community demonstrated as a program of excellence

BUT...

What I struggled with was how do to all this and still stay healthy...while raising three kids of my own!



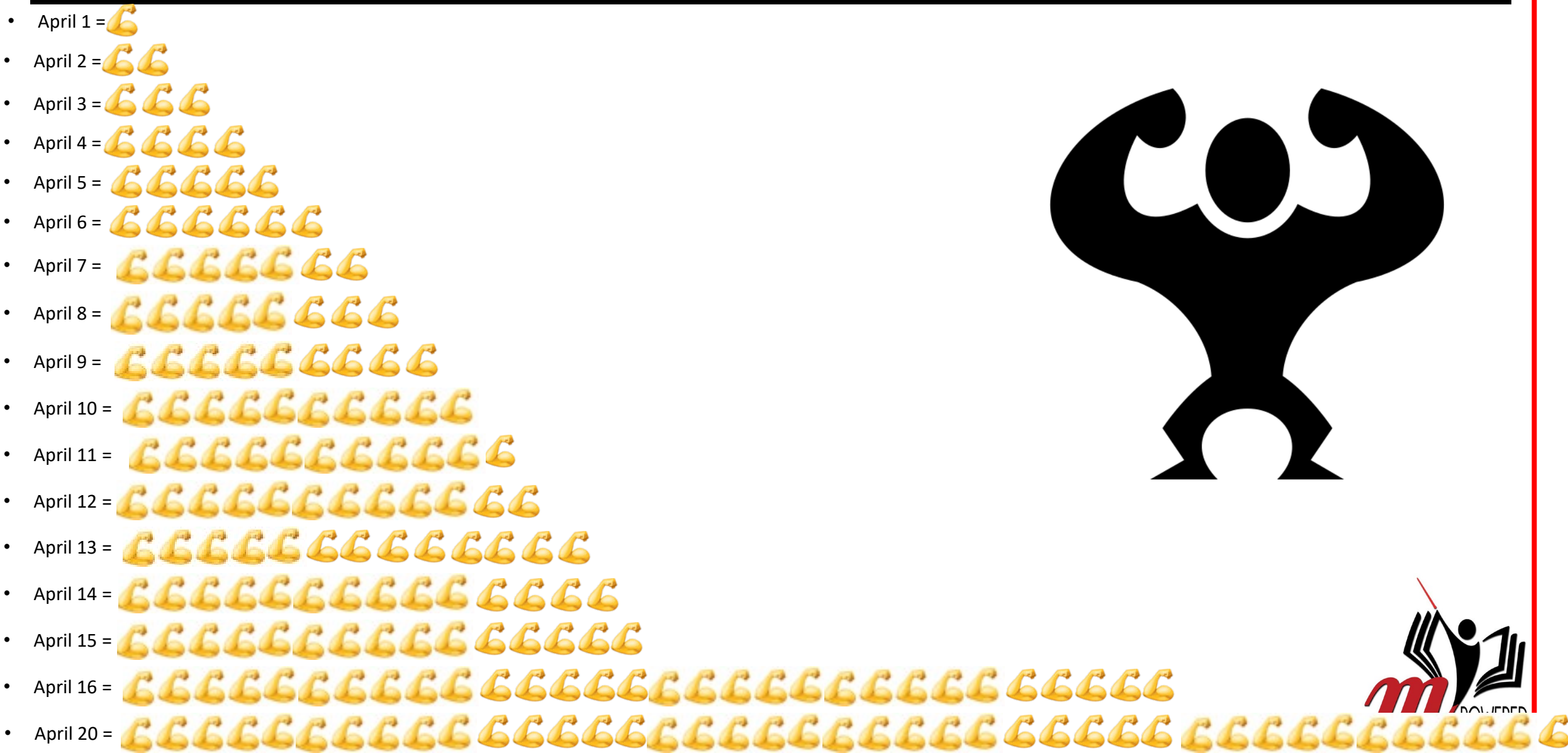
July 2017	January 2019
Exhausted	Energetic
Tired	Refreshed
Stressed	Even-tempered
12 Major Surgeries including back, neck, hip, and foot reconstruction	Pain Free
Overweight	Healthy Weight
Restless Leg Syndrome	No RLS
14 Rx Meds	No Pharma!
ADHD	More focused
Depression	Nearly symptom-free
Anxiety	Managed symptoms
Insomnia	Sleep like a baby
Working 12 to 14- hour days	Uber-efficient with managing time and workload

mPower Method

A **m**indful approach to:
meals
movement
music



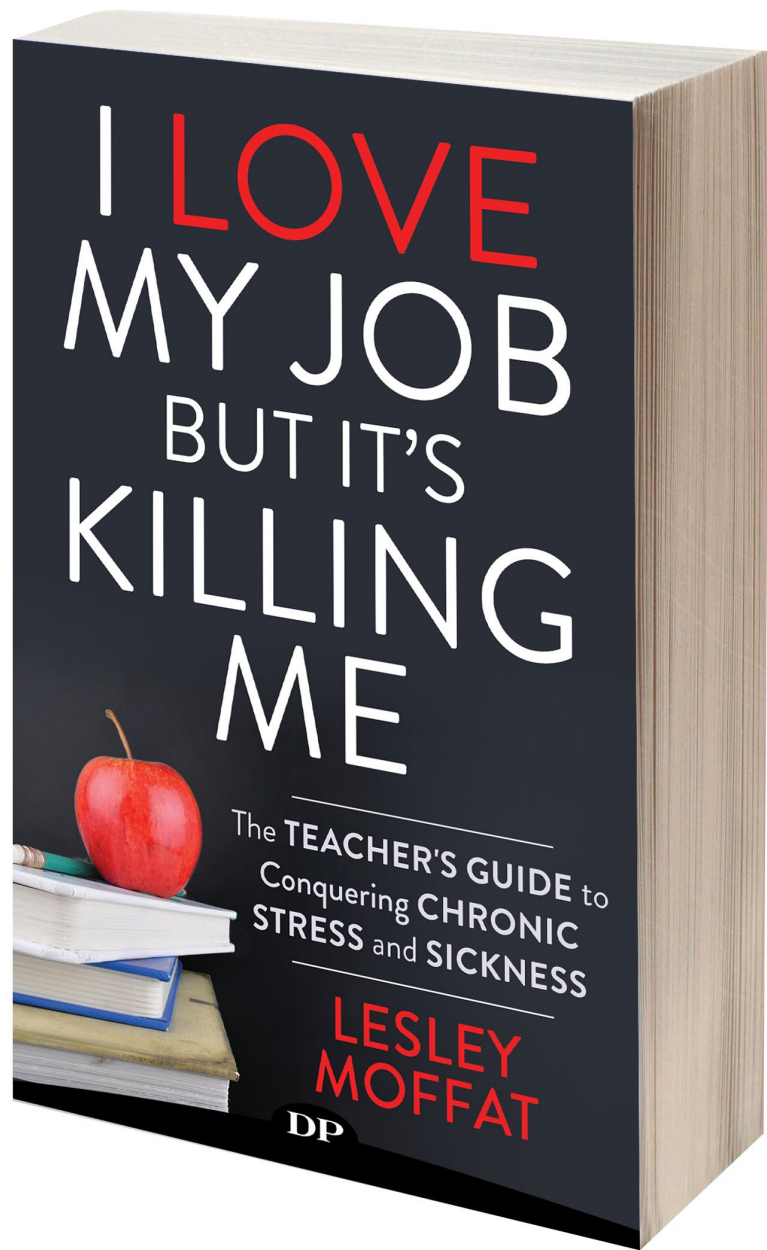
Small Steps Every Day Make a BIG Difference



FREE RESOURCES

- mPoweredEducator.com/webinars
 - My Music Ed Mondays with Moffat webinars starting March 23, 2020
 - Strategies for teaching that help students and teachers who struggle with anxiety, depression, ADHD, and trauma.
 - Live audio book release – Publisher is giving away 20 free downloads of my first book on Friday, April 10 at 11:00 PST. Register: www.incubatedaudio.com
 - Join FB group Badass Band Directors where you can connect with some of the most awesome music teachers around the globe!





For a FREE copy of the eBook:
mPoweredEducator.com/contact

- To purchase an autographed print copy of the book, go to
- <https://squ.re/2TaXoAr>

