Emotional health for music students and professionals
Introduction

• What is emotional health?
• What does unhealthy look like?
• Barriers and problems, hindrances.
• Healthy habits. What you can do to foster health.
• Special topics: healthy self-confidence, managing successes and failures, performance anxiety, managing stress.
Emotional health

• A sense of happiness, well-being, and ability to enjoy life.
• Hope
• The ability to carry out daily activities.
• Healthy relationships.
• Spiritual health.
• Feelings and emotions.
What does unhealthy look like?

- Depression
- Anxiety
- Dysfunctional relationships.
- Poor life skills
Problems and barriers to emotional health

• Too busy.
• Poor self-care skills
• Stress
• Poor support system
• Unhealthy past.
Healthy habits

• Proper diet, sleep, and exercise.
• Positive, realistic, hopeful thinking
• Spiritual health
• Manage your time and avoid procrastination
• Make realistic goals and plans.
Healthy self-confidence

• Understanding strengths and weaknesses
• Introspection: avoid too much or too little
• Imagine yourself doing well
• Give yourself credit for a job well done
• Avoid excessive self-criticism
• Understand who I am in Christ, made in the image of God
Healthy self confidence

• Make a list of your good qualities, be sure to ask family and friends
• Avoid performance based sense of self-esteem
• Weight lifter story
Managing failures and successes

• Give up perfectionism.
• Make a list of successes
• Don’t dwell on failures, learn from your mistakes and move on. You can’t drive a car looking in the rear view mirror
• Okay to talk about failures but use the ten minute rule
• Don’t let failures define you
Managing failures and successes

• Enjoy your successes! Give yourself credit for hard work and a job well done. Allow yourself to be energized by success.

• Be realistic about success. Be humble and realize talent is a gift from God.

• Success doesn’t make you better than others. Use your success to help others. Make new goals.
Performance anxiety

- Use positive visualizations, see yourself doing well
- Practice deep breathing and meditation
- Be mindful of your thinking. Negative? Pessimistic? Self-critical?
- Have realistic expectations
- Don’t dwell on past mistakes or failures
Performance anxiety

- No matter what happens, you will be ok, you are in God’s hands. He makes provisions to redeem and use even our mistakes and failures.
Managing stress

- Definition of stress
- Sharpening the saw
- Diet, exercise and sleep
- Attitude handout Swindoll
- Decrease caffeine
- Use your spiritual resources: prayer, bible reading, memorization, meditation, worship, service
Managing stress

• Monitor your thinking
• Monitor your body
• Stress busters: deep breathing, standing stretch, meditate, smile, pet your dog or get a hug
• Practice mindfulness
Managing stress

• Read Matthew 6 daily
• The Jesus Prayer
• Max Lucado quote