

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 caffiene
- 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
- Who do you hang out with? Groaners? Complainers? Whiners? Pessimists?
- Practice mindfulness

Managing stress

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