



Avoiding Director Burn Out & Conquering Stress

**CLINICIAN:
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- I. Welcome and introduction – Let's Get Serious About Burnout
- II. What is Stress - What is Burnout? Knowing what it looks like & feels like
- III. So, why the “epidemic burnout” among the young directors?
 - A. Causes – never-ending drive to be number one
 - B. Drive to be bigger, better, wanting more and more
 - C. These drives come with a price
- IV. Short Video - Ways to beat stress
- V. Band Directing is Overwhelming – explore why
- VI. Ways to reduce director stress (which leads to ‘burnout’ and ‘quitting the profession’). Anti-stress relationships includes: Friends, Mentors, organize & plan rehearsals in advance, Enjoy relationships, Have fun
- VII. BE GOOD TO YOURSELF – “Mindfulness” (what this is & how it works)
 - A. The power of relaxation / meditation
- VIII. Find Activities that ‘add’ for a quality life, health, and career
 - A. Discovering more “joy” - rethink your “why” you teach music
 - B. Hang out with outside friends / play sports /church activities / travel / attend sporting events / reconnect with college roomies / hit the gym with a friend / treat yourself to new endeavors / find balance in your work life / relax more / sleep-rest / movies / read

FIND A MENTOR (life coaches are powerful)

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