



**Things Will Get as Good as You Can Stand:
Self Care Tips for Busy Band Directors**

CLINICIAN:

Darla McBryde

SPONSOR:

WBDI

**Texas Bandmasters Association
2017 Convention/Clinic**

JULY 20 – 22, 2017

**HENRY B. GONZALEZ CONVENTION CENTER
SAN ANTONIO, TEXAS**

Things Will Get as Good As You Can Stand – Self Care Tips for Busy Band Directors
Darla McBryde
Texas Bandmasters Association Convention 2017

- A Classroom Pact
- Expressing Gratitude
- Tales from the TMEA exhibit hall. . . .
- Begin with the end in mind
- Defining Self Care
- Take Care of Yourself First
 - To put the world in the right order, we must first put the nation in order; to put the nation in order, we must first put the family in order; to put the family in order, we must first cultivate our personal life; we must first set our hearts right*
 - Confucius

Ten Things I Enjoy Doing Because They Are Fun

- 1)
- 2)
- 3)
- 4)
- 5)
- 6)
- 7)
- 8)
- 9)
- 10)

Ten Things I Enjoy Doing Because They Make Me Feel Good Afterward

1)

2)

3)

4)

5)

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10)

- The Three Essentials: Food, Sleep, Exercise
- “On My Paper” vs. “On Your Paper”
- The power of Affirmative framing for you and your students
- Prevent “Decision Fatigue” and maintain energy
- Delegate, Delegate, Delegate – “More People Do Less”
- Creating a culture of Self Care with your band community
 - Encourage students and other faculty members to practice good self care
 - Be mindful and respectful of time
 - Discover the symptoms of poor self care and act quickly to course correct