

# Music Teacher Wellbeing & Self-Care

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Music teachers naturally develop meaningful connections with our students. We get to know them. We willingly invest time and effort in order to do the best we can for our students. So when things aren't going all that well for our students, we feel genuinely responsible. And that may lead to self-doubt. Anxiety and worry may settle in. With all our focus on our students' musical journey, we may forget to invest in our own wellbeing self-care.

*What strategies can music teachers use to maintain their passion, reduce stress, and support their own wellness in their studios when situations with students may not be going all that well?*

Here are **six strategies** to put into place that promote teacher's personal and professional wellness:

1. **Remember music teaching is a shared journey.** It's important for music teachers to involve students in planning ahead, solving problems, and providing inspiration. After all, it's the student's journey not ours.
2. **Gather information on an ongoing basis.** It's important for music teachers to check in frequently with our students so we can tailor teaching methods to our students' evolving musical journey.
3. **Encourage student reflection.** A great way to promote student reflection is through prompts like "I'm curious to..." and "Tell me more..." that invite students to participate as active thinkers.
4. **Shed light when students can't see what's going on.** With phrases like "Here's what I see..." or "You may not have noticed...", music teachers can help students understand what's happening beneath the surface.
5. **Keep in mind that not all student problems need immediate solutions.** There are definitely advantages to waiting. Not every problem needs to be fixed in the moment. Allowing students space for growth and rest is a good thing.
6. **Remember some challenges are beyond teacher scope of influence.** Keep in mind there are limitations to our role as music teachers while we continue to guide and support students' musical journeys.