

Happier Music Teacher: Like a Regular Music Teacher, Only Happier
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Mnemonic: These are all letter or s or m. Think sol mi.

Sugar

Will you completely abstain like my friend Ginger?

Will you set “rules” around it?

Will you decide that it matters to you and you’ll enjoy it with no guilt or complaining?

Will you choose natural alternatives?

Sabbath

Nap

Give It a Rest

Tech Sabbath?

No professional work one day a week?

Evening off?

The works! No housework or schoolwork and lots of rest

Solitude

Take a walk alone (use common sense)

Eat lunch by yourself in your room occasionally

Get up before your family for your coffee and Bible time

Take a nice soak in the tub while your partner takes care of the kids

Margin

Interruptions Aren’t the Exception

Buffer week at the end of each term for review/catch-up

Set phone alarm so you close the rehearsal calmly

Come home from a trip early to relax and unpack

Don't try to cook and shop the same night

Musicianship

Teacher Musician (Anne Mileski)

Take a lesson!

Be bad at a second instrument

Be intentional about listening to music

Join a community group,

Martyrdom

Pay Yourself First

Set your next grooming appointment when you leave

Spiritual time early before anyone needs something

Be a rebel! Exercise instead of cleaning

What are the ways to take care of yourself that only you can do?

Action Steps

Text your stylist about that appointment

Research a community group's rehearsal schedule

Block out your next Sabbath

Buy some stevia or monkfruit packets on Amazon

Happier Music Teacher Facebook Group

<https://www.facebook.com/groups/154471866512143/?mibextid=oMANbw>

Happier Music Teacher Podcast

<https://podcasts.apple.com/us/podcast/happier-music-teacher/id1681670198>