

STRONG BODY, STRONG MIND, STRONG MUSIC

Presented by

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Music is an incredibly stressful career. It is imperative for a musician to have a healthy mind and body for sustainability and optimal performance.

Overview

Healthy Body

Healthy Mind

Relaxation Outside Music

Relaxation in the Classroom

Incorporation Eastern Philosophies

Visualization & Manifestation

Putting it All Together in the Music

Healthy Body

1. Without your health, you have nothing
 - a. Tortured Artist Syndrome
2. Importance of Sleep
 - a. Lack of sleep affects immunity, memory retention, life expectancy
 - b. Effects of alcohol on aptitude and sleep
 - c. How does this affect the school curriculum and quality of life?
3. Schedule cooking, grocery shopping, exercise, & sleep into a calendar
 - a. We schedule everything as musicians. If you write it down, it will help keep it on track.
4. Meal prepping is key—Cook for the entire week, part of the week, or the next day.
 - a. Depending on your budget, you can have pre-made meals delivered. Think you can't afford it? How much did you spend out at the bars or restaurants this past month?
5. Think you don't have the time?

- a. Get the app that tracks how long you were browsing social media. There are your extra two hours for shopping, food prep, & gym

Healthy Mind

1. Become the observer to your emotions
2. Journaling
 - a. Slow down, process, gratitude list, daily/weekly/quarterly goals
3. Meditation
 - a. Coming into union with the present moment
 - b. The art of focusing your attention
 - c. Seated meditation
 - d. Moving meditation - The Flow State

Visualization & Manifestation

1. Visualization
 - a. Sports athletes walk through the game and visualize their hits and winning the game. Envision your success
2. Manifestation
 - a. You attract to you what you think about
 - b. Do not focus on your problems. Focus on the desired outcome.
 - c. You can achieve the same goal through frustration and stress or joy and relaxation
3. In the Classroom
 - a. Connecting a story through music
 - i. Visualizing the story & Relevance
 - b. Focus
 - i. Put it into practice
 - ii. Before a rehearsal, before a concert, walk through the concert

Relaxation Outside of Music

1. Relaxation and energy rejuvenation is key to longevity in any career.
 - a. Energy is not an ever-sustaining resource.
 - b. Important to leave time to think of other topics besides work. When the same thing constantly stimulates your brain, you do not allow space for new ideas to enter.
2. How Charles Darwin, former Disney CEO Bob Iger, and U.S. Presidents spent their off-hours

Relaxation in the Choral Classroom

1. How do we make this a place of respite for our students from the outside world?
2. Create a classroom environment that is welcoming for your students.
3. Set up your room
 - a. Is there flow from the door to the risers/chairs?
 - b. What type of pictures/posters do you have up on your wall?
 - c. What color are your walls? Is it an inviting and warm color?
 - d. What type of music do you play as they are coming into the classroom?
 - e. Just like we set up comfortable spaces for ourselves, we should do the same for our students.
4. Creating a routine
 - a. What is the structure of your class from when they walk in until they leave?
 - b. Where do they put down their bags?
 - c. How do they retrieve their music/music folders?
 - d. Is the rehearsal schedule up on the board?
 - e. How do they leave your class?

Incorporating Eastern Philosophies

1. Yoga Breath Management
 - a. Victorious Breath (*Ujjai*)
 - b. Box Breathing (*Sama Vriti*)
 - c. Bellows Breath (*Bastrika*)
2. Yoga Postures & Chakras
 - a. Thoughts & emotions affect the physical body (stress, nervousness, anger)
 - i. Chakras - energy centers in the body. Each emotion is stored in that area
 1. Heartbreak = heart chakra, nervous = solar plexus chakra
 - b. Root Chakra: Grounding position, calming, focus on our foundations
 - i. Tree Pose &
 - ii. Wide-leg forward fold
 - c. Solar Plexus Chakra: Center of our personal power in the world
 - i. Standing Crescent Pose
 - d. Heart Chakra: Performers live with emotional pain, discomfort, and rejection
 - i. Seated Cat-cows
 - ii. Standing BackBend
 - e. Throat Chakra: allows communication/singing to flow freely
 - i. Neck stretches/ Setu Bandha
 - ii. Seated twists - hands on shoulders
3. Qigong (*chee-gong*) Body Movement (Chinese energy healing modality)
 - a. Warm-up the body:
 - i. Open the Nine Gates - shake the body
 - ii. Ringing the Temple Bell - swing arms low, middle, high
 - iii. Body Tapping

Putting It All Together in the Music

1. Unifying the Body, Breath, and Mind
2. Vocal Warm-up and Physical Movement (Strong Music)
 1. Do re mi
 2. Mi me ma mo moo
 3. Zing a mama
 4. Sigh
 5. Glissando 5th
 6. Triad
 7. ee-oo-ee-oo

Recap and Final Thoughts

1. Book resource *The Mindful Musician* by Dr. Jaclyn M. Normandie.
 - a. Available on Amazon
2. It is time to take control of your mental and physical health!

Resources

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