



# Music Ed Insights



Five Insights to take with you from...

## Mental Health Issues with Jennifer Wharton

**Remember your students will have parents who might not create safe spaces for students.**

**If you detect you have students who struggle with mental health, consider:**

- Be open about your own struggles while staying professional.
- Share coping mechanisms without being prescriptive.
- Make sure you are a safe person for them to share things with.

**If YOU have struggles, consider these coping mechanisms from Jen:**

- Focus on being where you are and the people you are with.
- Limit phone use when you want to retreat.
- Set a 20 minute timer for tasks that feel like heavy lifting, because “you can do any thing for twenty minutes.”

**Be careful about idolizing high profile musicians and teachers - they're just people.**

**It's okay to not be okay.**

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