

**5 SELF-CARE STEPS
FOR
EMERGING
DANCERS,
SINGERS &
ACTORS.**



Will Centurion: Counselling & Life Coaching PTY LTD
For Actors, Singers & Dancers

INTRODUCTION

Working in the performing arts can be an exciting, thrilling and enriching experience. Our lives as performers can see us travelling the world, taking on unique roles and stretching our creativity to its limits.

As rewarding as this journey may be, it can sometimes take its toll on our mental and emotional health- so it's important to remember that without your wellbeing there is no creativity.

In order to have a long and lengthy career, you need some effective self care practices to keep you on top of your mental health.

Here are our top 5 steps to make sure your creativity lasts longer, so you can continue to enjoy the rewards.



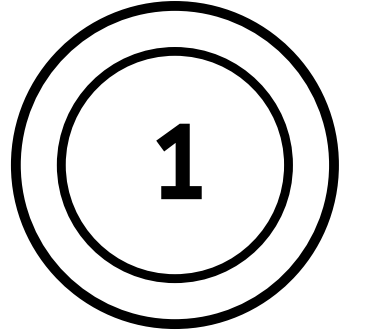
Will Centurion: Counselling & Life Coaching PTY LTD
For Actors, Singers & Dancers

www.mrwillcenturion.com

TABLE OF CONTENTS



**Know your
Limiting
Beliefs**



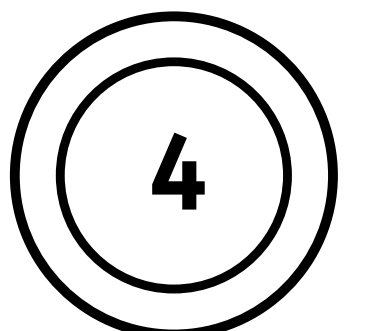
**Understand
Your
Triggers**



**Practice good
self-care**

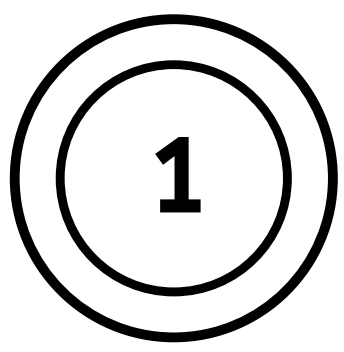


**Create an
effort/reward
balance**



**Learn to
De-Role and
be you.**





YOU ARE NOT YOUR THOUGHTS

Your thoughts have the power to shape the way you see yourself and what relationship you hold to your creativity. The more you flood your brain with beliefs that don't support success and growth, the more likely you will become overwhelmed with fears of judgment, comparison, failure and self doubt.

Instead of focusing on self-limiting beliefs it's important that you aim to do the following-

1. Embrace what you do well
2. Use your strengths to add value
3. Self evaluate not self criticize

A self -talk that support growth rather than dismantles it, will mean you can feel more confident about taking the next steps in your creative endeavours.

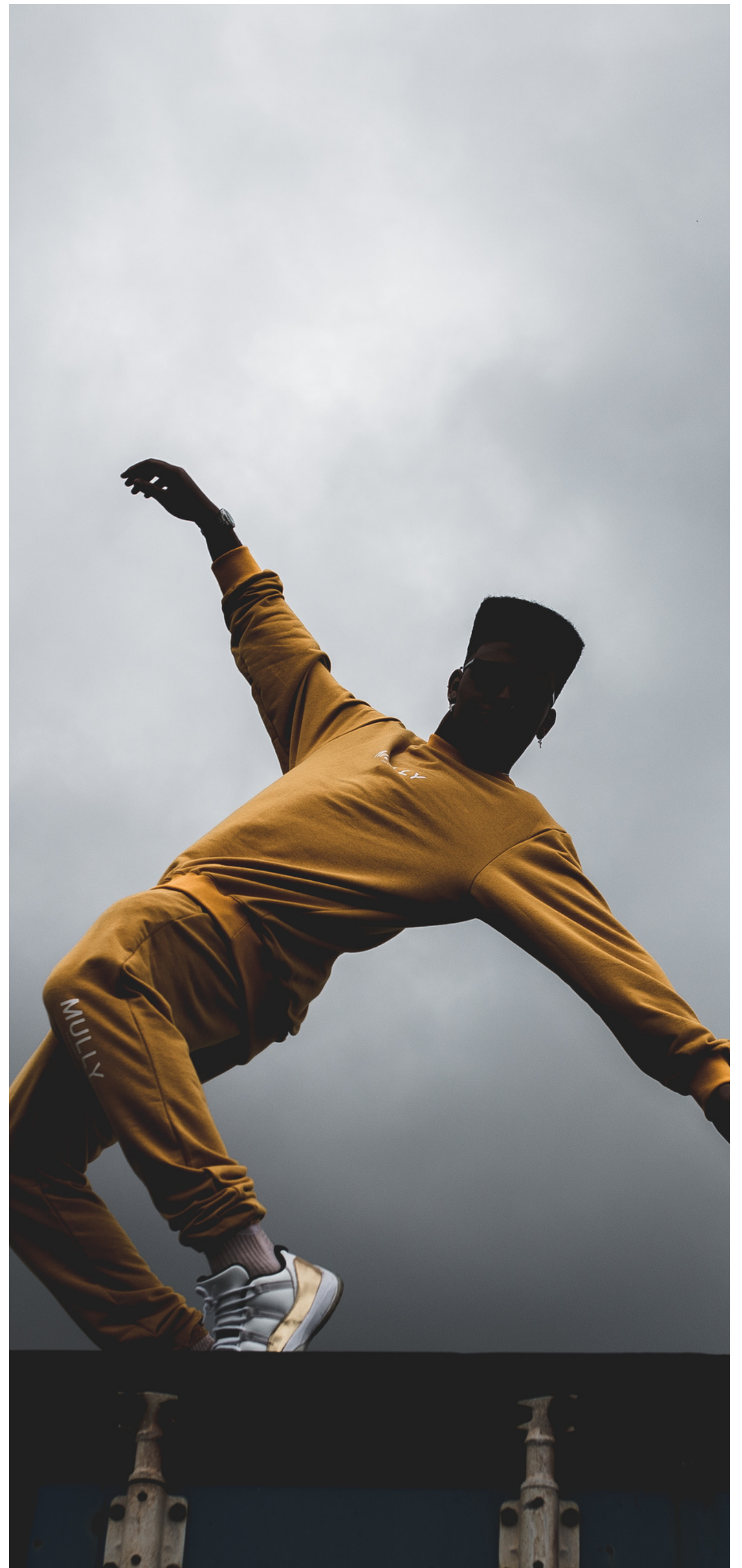
.



Will Centurion: Counselling & Life Coaching PTY LTD
For Actors, Singers & Dancers

www.mrwillcenturion.com

KNOW YOUR LIMITING BELIEFS



"CREATIVITY TAKES COURAGE".
HENRI MATISSE

2

AIM TO RESPOND NOT REACT

We all have experiences in our lives that cause us to feel triggered..

Situations such as auditions, callbacks, performances and creative challenges can be unsettling and emotionally destabilizing at times.

The more triggered you become by a situation, the more important it is that you-

1. Practice self regulate
2. Remind yourself its temporary
3. Get out of the red and into green

Preparation means protection, so have the skills to remain grounded if you feel yourself going in a direction that wants to take you away from your purpose not toward it.

UNDERSTAND YOUR TIGGERS



Will Centurion: Counselling & Life Coaching PTY LTD
For Actors, Singers & Dancers

www.mrwillcenturion.com

"CREATIVITY IS ALLOWING
YOURSELF TO MAKE MISTAKES"
SCOTT ADAMS



PRACTICE SELF-CARE

PRACTICE SELF-COMPASSION

Self-care is an activity that aim to support your emotional, mental and physical wellbeing. The aim of self care is to help improve your mood, decrease stress and promote preparation and reparation from challenge.

When implementing self care its crucial that you-

1. Be proactive in your practice
2. Make space in your routine
3. Make your actions sustainable

A well designed practice can mean that you are far more likely to be able to manage your job demands rather than burnout at a time that requires your full focus and engagement.

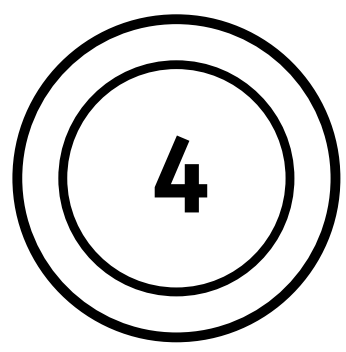
.



Will Centurion: Counselling & Life Coaching PTY LTD
For Actors, Singers & Dancers

www.mrwillcenturion.com

"CREATIVITY HAS GOT TO START
WITH HUMANITY"
MARILYN MUNROE



CELEBRATE THE PROCESS

It's easy to recognize and celebrate achievements after hitting a target or outcome. So much effort goes in to the preparation what we do that we can forget to celebrate the milestones along the way.

When working towards a creative goal, it's important you-

1. Reward all the efforts on the way
2. Split time between work and play
3. Do something that renews energy

Developing an effort/balance practice means celebrating all the sparkling moments with some token of appreciation. By integrating this kind of exchange you are far more likely to remain motivated and continue to commit to your next level in life and work.

.



Will Centurion: Counselling & Life Coaching PTY LTD
For Actors, Singers & Dancers

www.mrwilcenturion.com

CREATE AN EFFORT & REWARD BALANCE



"CREATIVITY IS AN EXTENSION OF
OUR ENTHUSIASM"
EARL NIGHTINGALE

5

APPRECIATE THE HUMAN YOU ARE

We often attach our identity and sense of self worth to the creative projects that we become involved with. These projects can include grueling rehearsal hours, complicated touring schedules, ongoing performances and other intense work demands.

For people in creative industries its important that you learn to-

1. Separate the person from the performance
2. Engage in other hobbies
3. Keep a healthy work/life balance

Learning to de-role means giving yourself an opportunity to focus on other areas of your identity that are not exclusive to your craft. Remember your creativity is what you do, It is not who you are- so take the time to honour all the other parts of yourself.



Will Centurion: Counselling & Life Coaching PTY LTD
For Actors, Singers & Dancers

www.mrwillcenturion.com

LEARN TO DE-ROLE AND BE YOU



"CREATIVITY IS NOT TALENT
BUT AN ATTITUDE"
JENOVA CHEN

**Are you looking for some
more support around your
wellbeing or career?**

**Book in for your 1-1 session
so we can keep you on top
of your mental health game
and making the most of
your time in the spotlight.**

EMAIL:

mrwillcenturion@gmail.com

WEB:

www.mrwillcenturion.com

INSTAGRAM:

@mrwillcenturion