

WHAT IS MIRROR SHOCK?

Dancers generally use mirrors as a resource for self-evaluation and self-improvement.

Due to the Covid-19 interruptions, many dancers have been forced away from studio mirrors and into a more **felt understanding** of their fitness, line extension and posture.

Mirror shock refers to the conflict dancers may experience when returning to the dance studio and witnessing their reflected image. This may be triggering for self-conscious types and may impact the relationships between the dancer, their bodies and level of stress.

Something to be aware of as dance educators in the first few weeks of a students return is the capacity for body objectification, body comparison and interpersonal competitiveness.

Below are some ideas for you to consider when welcoming dancers back to the studio.

5 STRATEGIES TO HELP MAKE DANCE STUDIOS A SAFE SPACE-

- 1. Normalize that there will be a re-adjustment of mindset in relation to body image, technique and personal expectation.**
- 2. Encourage dancers to place an emphasis on creativity and learning, not on self-deconstruction.**
- 3. Help dancers to focus on the feel of the space and to use the mirrors sparingly.**
- 4. Be clear about group goals and objectives, so the focus is not only on the individual.**
- 5. Allow your feedback to initially focus on effort and not on detail.**



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