

MAINTAINING SELF-CARE AND BALANCE

ON A PRODUCTION SET

Description of interactive session:

When “the show must go on” there is no allowance or considerations made when it is affecting someones mental health. This interactive session will go through some coping skills for the stresses that individuals experience including some breathing techniques that can be useful throughout all stages of a production.

Knowledge-based objectives of lecture:

1. Achieving and maintaining self-care and balance for those who work in the fast paced setting of the “show must go one”.
2. Improving mental health and well-being through acquiring coping tools, including effective breathing techniques.
3. Addressing and recognizing prolonged stress from trauma, understanding its impact on mental well-being, and acknowledging the potential effects of PTSD.
4. Promoting awareness of resources and fostering a proactive approach to mental health within the entertainment industry.

*For more info please, you are
welcome to schedule a call
HERE*

