

COPE

A simple framework for a daily routine to keep things going – whether you are feeling motivated and creative or not

It is not the strongest of the species that survive, nor the most intelligent, but the one that is most responsive to change.

[Charles Darwin]

A message from students about keeping a journal and dealing with isolation

Having a structure and a routine is a challenge!

I'm journaling more than ever – it keeps me organised

Being organised and routined is surprisingly important

Now I have time to slow down and see the big picture

If I do just four things today that I consider good for me – that's OK!

FOUR KEYS to keeping things going

CONNECT

With yourself: e.g. meditation, breathing exercise, alexander technique exercise, journaling

With others: Phone, email, social media ... or write a letter

ORGANISE

Make a task list

Make goals: short or long-term

Organise your computer data, your home, your work, your thoughts

Design a concert program to practice

PRACTICE

Practice routine

Improvise

Explore repertoire

Develop practice strategies and methods – including mental practice

Listen to music

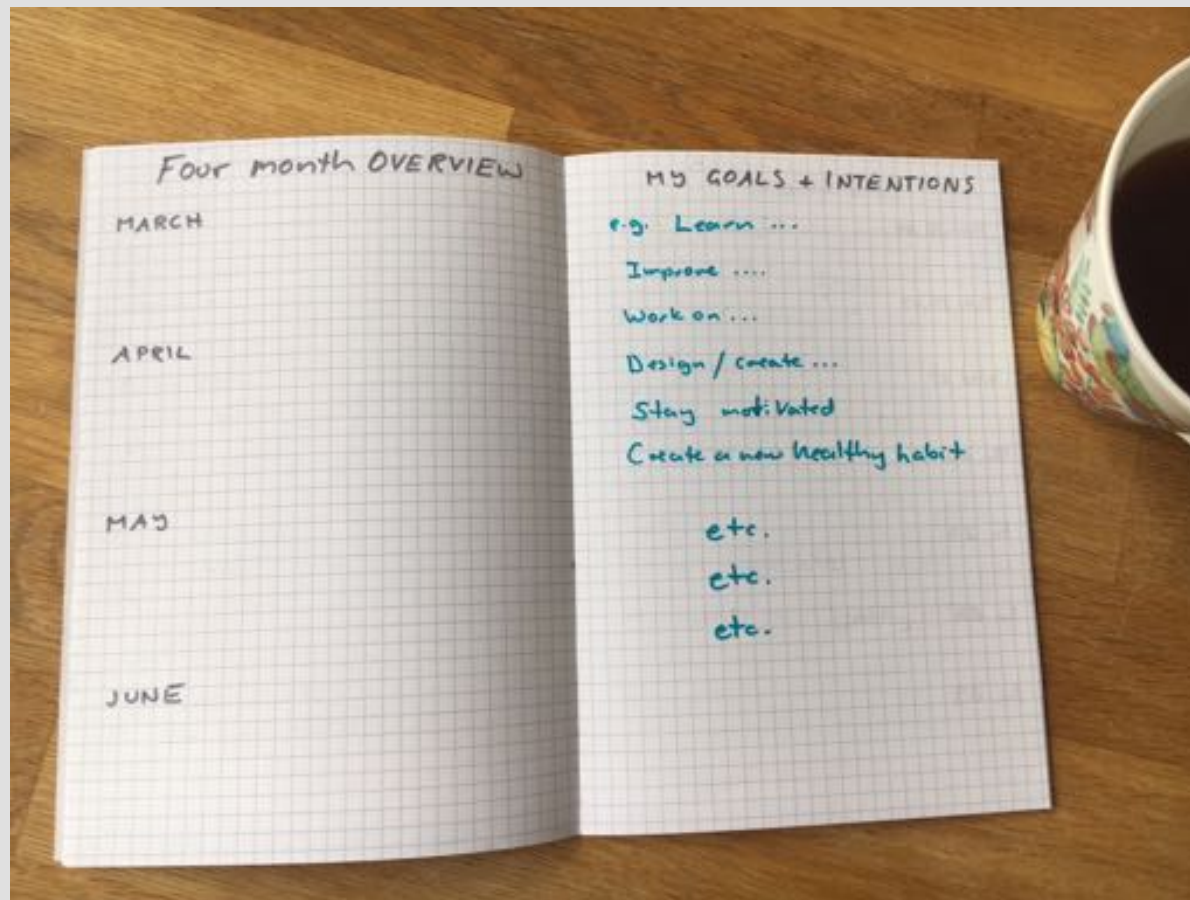
EXERCISE

Fitness, Yoga, Dance ...

HOW IT WORKS

Take a journal (You can also open a document on your computer – but for most people writing in an analogue journal feels best)

STEP 1. Four month overview



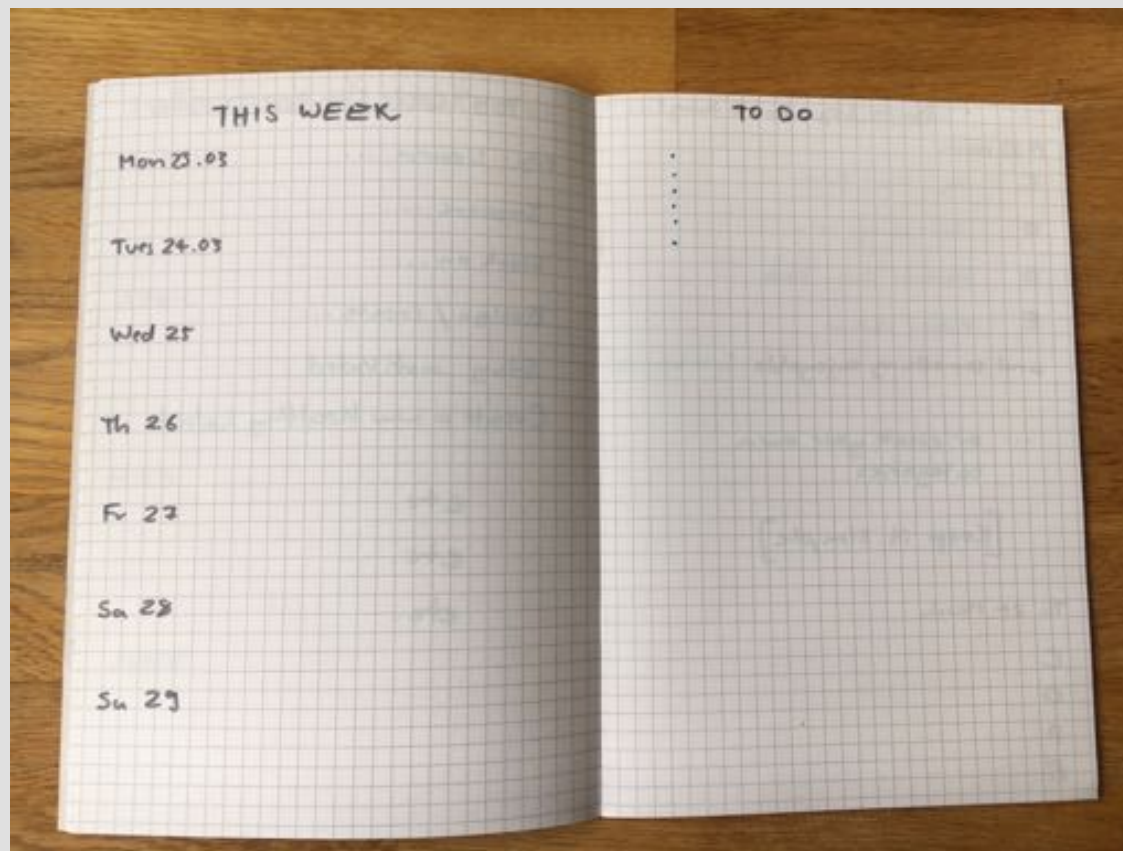
HOW IT WORKS

STEP 2. This week

List the days & dates of the week down on the left hand side

Next to each write any scheduled lessons, deadlines and appointments

On the opposite page note your main goals & do do list



HOW IT WORKS

STEP 3. Today

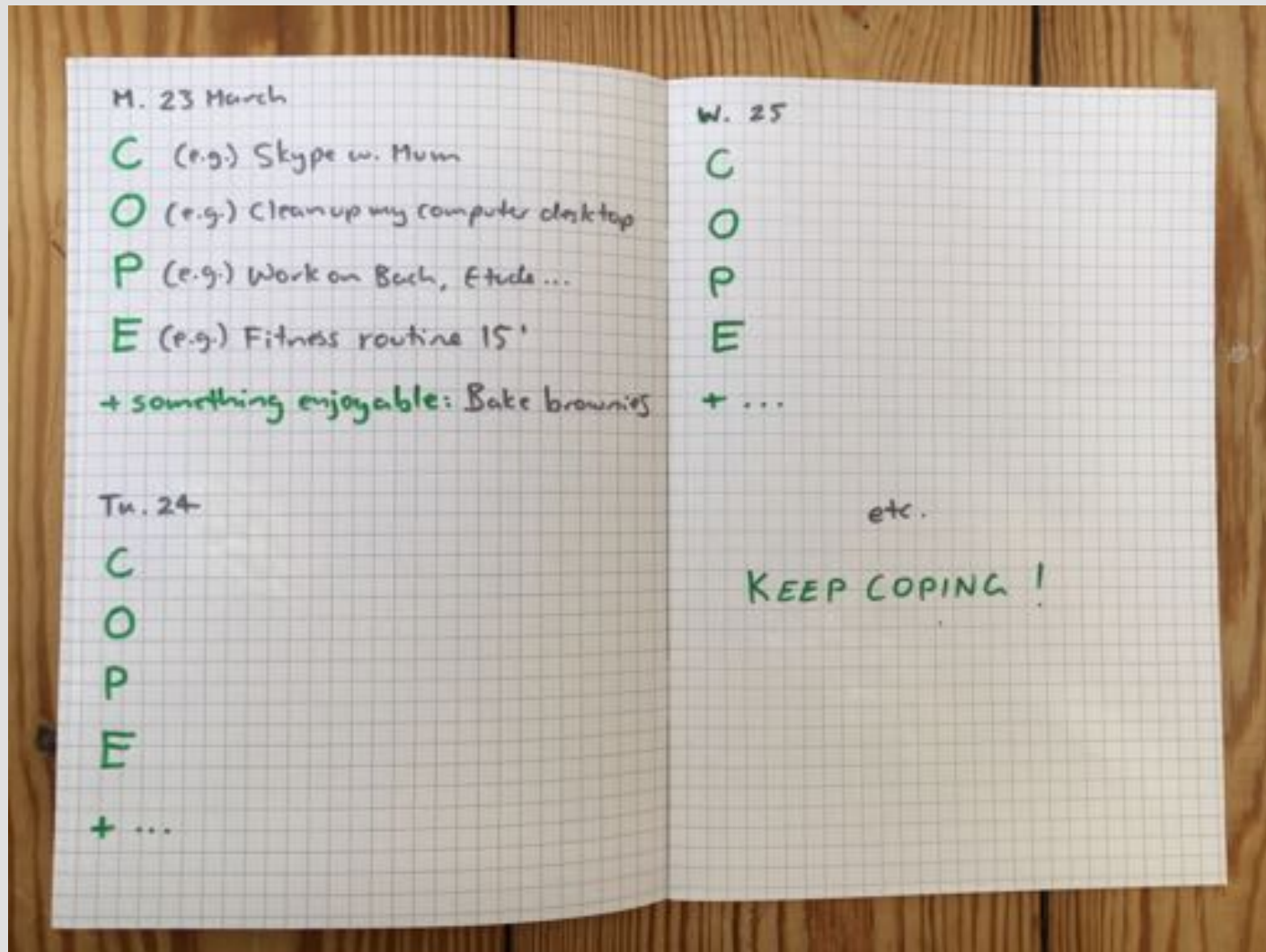
Write down today's day & date

Write an entry for each of the categories

- C** Connect
- O** Organise
- P** Practice
- E** Exercise

... and one extra entry:

Something enjoyable that I usually don't have time for



Don't worry if don't get much done. It's more important to get a simple routine going. You *will* be productive and you will gain many insights about yourself, your practice and life.

The goal is that we are physically, mentally and emotionally balanced during this challenging time.

Then we can even make the most of it.

Never waste a good crisis!

[Winston Churchill]

Send feedback, ideas and suggestions about ***what helps*** - to me at s.williams@koncon.nl and I will collect your ideas and circulate them to everyone else.