



# NUTRITION

Kirov Academy of Ballet DC

Summer 2016

## The Well Dancer

In the midst of constant classes, rehearsals, auditions and performances, dancers can get caught up in the daily routine of their lives as dancers and students of dance and lose sight of their need for self care and general wellness.

The Well dancer is one who, in honing their craft, is aware of their personal needs in addition to their professional needs. The well dancer is conscious of their physical and emotional states and willing to take pro-active steps to manage both.

According to Travis and Ryan authors of the Wellness Workbook, wellness is the right and privilege of everyone. They note that the "Well" person is not necessarily the strong, the brave, the successful, the young, the whole, or even the illness-free person. They further note that a person can be living a process of wellness and yet be imperfect. No matter what their current state of health, one can begin to appreciate themselves as a growing, changing person and allow oneself to move toward a happier life and positive health.

## What Does Wellness Mean?

- Wellness is not a static state. It is a continuum.
- Wellness describes the quality of natural health or wellbeing that is fundamental to human beings. It is not dependent on physical well being for its expression.
- High level wellness involves giving good care to ones physical self, using one's mind constructively, expressing one's emotions effectively, being creatively involved with those around you and being concerned about one's physical, psychological and spiritual environments Eating whole foods with fiber rich vegetables as the base
- Self love
- Self acceptance
- Being able to forgive oneself by being willing to refuse to hold onto the past and to release grievances.



## Consider This

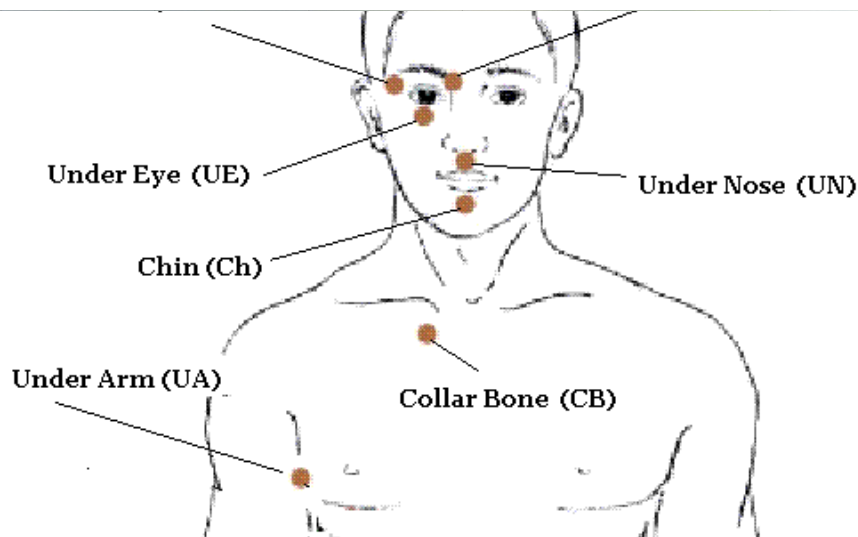
***Lifestyle Factors influence food intake.***

***Insufficient sleep affects hormones that govern appetite and feelings of fullness.***

***A 16 year study at Case Western University found that women who slept five or fewer hours at night were 32% more likely to become overweight by at least 30 lbs than those who got seven or more hours of sleep.***

***10 hours is ideal for very active dancers—aim for 8 hours if that is not possible.***

# EFT



The Basic and standard way of applying EFT

When you start tapping on a limiting belief or negative emotion you first start with the Setup.

You begin to tap on the Karate Chop point whilst saying the Setup Statement (usually out aloud)

repeat the setup phrase a minimum of 3 times whilst continuing to tap on the Karate Chop point.

A typical **Setup** Phrase might be:

"Even though I have a headache, I love and accept myself"

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Then you complete the "**Sequence**" part of the EFT by tapping on the meridian points of the sequence approximately 5-7 times:

*EB - "I have a headache"*

*SE - "I have a headache"*

*UE - "I have a headache"*

*UN - "I have a headache"*

*Ch - "I have a headache"*

*CB - "I have a headache"*

*UA - "I have a headache"*

*H - "I have a headache"*

## Stress Management

In addition to activities of daily living, dancer's are constantly dealing with stress, from competition and performances to injuries and normal life events.

Small amounts of stress can be helpful in many of these cases as it can be the main reason that dancers do well under fire. Stress becomes an issue when it remains chronic and uncontrolled.

### Different Demands—Different Reactions

Some dancers thrive on competition and performance and do well under these circumstances. They may feel motivated and actually perform better under pressure. Other's in the same situation may feel as if they are one step from a panic attack.

Being able to balance your excitement with control is key to a long dancing career. Dancer's not in balance increase their risks of having chronic negative stress that can contribute to numerous problems (weight gain, delayed wound healing, overall poor health and injuries). According to Hamilton, of the NYC Ballet, dancers' should work on identifying and addressing the early signs of stress. She encourages prevention as the best means of managing stress and notes that under the best circumstances, managing stress can help you, "grow, take calculated risks, and reach your full potential."

### Be Aware of the Following

General Vulnerabilities - general anxiety, overly high standards, excessive self-criticism, inability to accept mistakes, unhealthy coping mechanisms like substance abuse or self harm

Physical Symptoms—muscle tension (backaches and headaches), disordered eating, sleep problems, extreme fatigue, abdominal pain

Physiological Symptoms—poor concentration, irritability, forgetfulness, blanking out, constant worrying, social avoidance.

## Stress Busters

Listening to music

Volunteer

Cooking

Spending time with  
Friends and family

Playing with your pet

Finding and regularly participating in a hobby that is not goal oriented but simply gives pleasure.

Allowing at least 30 minutes of Fun Time each day

Meditation and Prayer

Doing "Perspective" Exercises

Massage, Acupressure, and other body work techniques

Saunas, Aromatherapy, yoga, QiGong and other self care activities

Eating a Health Supportive Diet Digestion Involves the following organs

Using Cognitive Behavior Therapy and motional Freedom Techniques (EFT)

Develop good sleep rituals

Rest and Relaxation, Breathing Exercises, Journaling, Rest and Relaxation, Decompressing

Coloring Mandalas

Going for Walks, walking labyrinths

Being in Nature, Earthin or Grounding



## Relaxation Techniques?

There are 3 major types of relaxation techniques:

- **Autogenic training.** This technique uses both visual imagery and body awareness to move a person into a deep state of relaxation. The person imagines a peaceful place and then focuses on different physical sensations, moving from the feet to the head. For example, one might focus on warmth and heaviness in the limbs, easy, natural breathing, or a calm heartbeat.
- **Breathing.** In breathing techniques, you place one hand on your chest and the other on your belly. Take a slow, deep breath, sucking in as much air as you can. As you are doing this, your belly should push against your hand. Hold your breath and then slowly exhale.
- **Progressive muscle relaxation.** This technique involves slowly tensing and then releasing each muscle group individually, starting with the muscles in the toes and finishing with those in the head.
- **Meditation.** The two most popular forms of meditation in the U.S. include Transcendental Meditation (students repeat a *mantra*, a single word or phrase) and mindfulness meditation (students focus their attention on their thoughts and sensations).
- **Guided imagery.** Similar to autogenic training, guided imagery involves listening to a trained therapist or a guided imagery CD to move into a state of deep relaxation. Once in a relaxed state, the images that come up in your mind can help you uncover important realizations about your emotional, spiritual, and physical health.

# Resources

- [www.lessons4living.com](http://www.lessons4living.com)  
⇒ Stress tests, feedback regarding issues of stress
- The Dancer's Way by Linda Hamilton Ph.D.
- [www.meditaioncenter.com](http://www.meditaioncenter.com)
- <https://kripalu.org/>  
⇒ [kripalu.org/resources/walking-labyrinth](https://kripalu.org/resources/walking-labyrinth)
- <http://nqa.org/about-nqa/what-is-qigong/>
- <https://colormandala.com/>
- <https://nccih.nih.gov/health/stress/relaxation.htm>
- Academy of Integrative Health & Medicine -- [aihm.org](http://aihm.org)
- American Holistic Health Association -- [www.ahha.org](http://www.ahha.org)
- National Institute for the Clinical Application of Behavioral Medicine -- [www.nicabm.com](http://www.nicabm.com)
- The Center for Mind-Body Medicine -- [www.cmbm.org](http://www.cmbm.org)
- <http://healthland.time.com/2012/10/08/6-breathing-exercises-to-relax-in-10-minutes-or-less/>
- [https://golantern.com/anxiety/?utm\\_source=adaa](https://golantern.com/anxiety/?utm_source=adaa)  
(online apps and programs that help with stress and anxiety).
- <http://www.adaa.org/tips-manage-anxiety-and-stress>  
(Anxiety and Depression Association of America)
- [www.emofree.com](http://www.emofree.com)  
⇒ Emotional Freedom Technique resources

