

# Stress Management Tips for Dancers

## Tips for worry/anxiety



- Beware of the “What if” questions... “What if I get injured” or “What if I gain weight?”
- Stop the spiral: don’t let one anxious thought lead to another
- Find evidence AGAINST worrisome thoughts
- Use relaxation techniques: Deep breathing, Progressive Muscle Relaxation, Mindfulness

## Tips for sadness/depression



- Differentiate facts vs. feelings
- Reframe negative thoughts into more neutral/positive thoughts
- Develop a coping skills list when you are feeling down
- Get up and get out of the house

## Tips for healthier body image



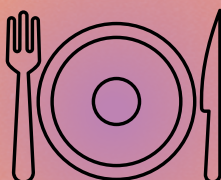
- Face the mirror and look for the GOOD!
- Remember dance culture/expectations is NOT the real world

## Tips for perfectionism



- Remember that perfection does NOT exist
- Reduce the pass/fail mentality
- Focus on the PROCESS, not the outcome

## Tips for building a healthy relationship with food



- Change the narrative: Food is fuel!
- Allow for flexibility and “cheat” snacks
- Trust your medical team and nutritionists

Scan me for digital version



Produced by:  
**Dr. Scott Leydig**  
[DoctorLeydig@gmail.com](mailto:DoctorLeydig@gmail.com)  
[www.DoctorLeydig.com](http://www.DoctorLeydig.com)