

# musi cth? inks

Ryan Kershaw is a former board member of Independent Music New Zealand and recipient of the Music Managers Forum 'Mentoring Success' Award; The creator of [youtube.com/musictalksTV](https://youtube.com/musictalksTV) and the NZ Underground Festival. Author of the worlds first book to combine personal growth and music tuition

'Use Your Buzz To Play The Guitar'

[ryan-kershaw.com](http://ryan-kershaw.com)



This year I have just as much going on with teaching, playing music, helping others with my books and workshops and being involved in music organizations, but I have really learnt to rest on weekends and limit my time checking emails.

Here are some tips to avoid burnout:

### Schedule In Relax

For more on this, check out my article 6 ways to manage your time. For now though, write down half an hour every day where you will relax, preferably without T.V. This could be through just sitting there and looking out of the window, or you could read a music book. You could meditate or you could relax with a cup of tea or whatever you use to relax (that could be interesting!). Make time for you. Chances are you make appointments for school, or the doctor, or a friend, but you don't make that many appointments for yourself. Schedule in time to relax each day now and don't miss that appointment!

### Get Outside

Honestly, get away from the computer and get out of the house. Take it from someone who used to be scared to walk down the road, answer the phone or go into shops. Have the confidence to walk outside and get inspiration from the world around you. We ain't got it for too long so make the most of it and you might even get inspired if you look a little deeper at how it all works.

### Limit Time Checking Emails

This is a big one. Do you know what is happening when you end up checking emails all of the time? You are working on other peoples watch. You are using your time to attend to other peoples agendas. Seriously, most of the emails can wait until you read them once or twice through the day, unless you are in a business where you absolutely must reply constantly. But businesses succeeded before emails so in most cases you can limit your time with emails to a 10 minute to half hour block, once to three times a day. Please try this for two weeks and see, and feel, the difference for yourself. It also frees up so much time to put towards more constructive things.

### No Computer Sundays

Same as above. We need to rest if we are too busy. Being overwhelmed is not good for mental health, physical health, or any kind of health at all! Little habits are what add up to change your life long-term so start by knowing when to stop!

## R n' R REST N' RELAXATION . . .

**D**rive, focus, and ambition is essential for a long and healthy career in music. There is an important aspect of being successful that is often lost on those who are doing well: Rest!

As I am writing this I am relaxing (wow!) in a beautiful park, with my girlfriends dog loyally sitting next to me, drinking a nice coffee and looking out across a stunning view of the Manukau Harbour in Auckland. I am not worried about all of the things that I "have" to do today (and believe me I have a list!) because I know that if I relax now, I will get the other things on the list done quicker and I will enjoy the process.

It may seem strange but if you are usually very busy, making sure that you have gaps in your day to relax can help you get through your tasks more efficiently than staring at a computer screen with nothing but a blank expression, heavy eyes, and a feeling of being overwhelmed. You need to give yourself time to relax if you are busy otherwise it is just too easy to burn out. Same goes if you are putting partying above music. Might not sound rock starish but f\*ck the bullshit image thing and get real.

A couple of years ago all in the same year I wrote and released a book, created and put on a music festival from scratch, taught 60 students weekly, was a student in 3 major coaching courses which involved 4 big online courses separately, had my own band, and had to do all of this simultaneously while trying to balance my relationships with my friends and girlfriend. What happened? I burnt out. And looking back it wasn't necessarily because of how much I was doing but how I was doing it. I wasn't resting on the weekends and was checking emails constantly.

**"You need to give yourself time to relax if you are busy otherwise it is just too easy to burn out"**

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## Guitar Intuition

### Read About Relaxing

How much do you know about music? Quite a bit? How much have you read about it? How much do you know about ballet shoes? How much have you read about them? If you want to know about things – read on the subject. There are books on how to relax and yes while it is up to you to relax, there are lots of ideas from authors who put relaxing into practise, and they are usually written from people who have had stressful times and have learned and improved on the art/science of relaxing. Start with an easy book, set aside 20 minutes to read it and see how you go. Even if you get one or two good ideas to use, it will be worth it.

### Listen To Positive Audio

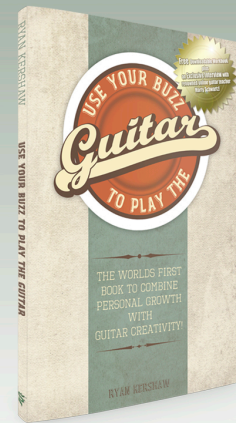
What you hear constantly sinks into your mind and you start to pick up on the feeling of what is being said. Get some positive stuff to sink and and get rid of negativity. There will be enough people saying 'are you sure you can make a career out of music' and others who have no experience in music whatsoever telling you what you should do with your life. Do yourself a favour and start the day by listening to some on to it people who can feed your brain with good advice and suggestions. Start with some audiobooks (which can be downloaded from the internet or found at the library) of Jim Rohn, Napoleon Hill, and other life coaches. Of course you can listen to my audiobooks which are the first recordings to combine music education with personal growth, including 'Use Your Buzz To Play The Guitar'.

### Don't Be Afraid To Say No

As an entrepreneur, or a self managed artist it can be too easy to get caught up in doing everything yourself. Along with that comes over commitment to too many projects. You need to practice being aware of when you are too busy as it effects your ability to put 100% into each project.

Make a point to relax more this week, and enjoy the process of getting your tasks done. After all, it's not doing things that makes you happy, it's the feeling you put into doing those things. Relax and get stuff done!

# USE YOUR BUZZ TO PLAY THE GUITAR



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