

WANTED: Dancing Free!

Stage fright, competitive nerves, and performance anxiety need not apply.

Choose Empowerment over Helplessness

During the competitive dance season, there are numerous aspects of live performance that are within your control: your physical and mental preparation, your nutrition, hydration, rest, time and energy management, along with your artistic interpretation, just to name a few. There are some elements of live dance however, which are beyond your control: an audience's response, judges or adjudicators' evaluations and ranking, and other performers/competitors' performances. **Choosing to exercise that which is under our control, and letting go of that which is not, is an important strategy for managing performance anxiety.**



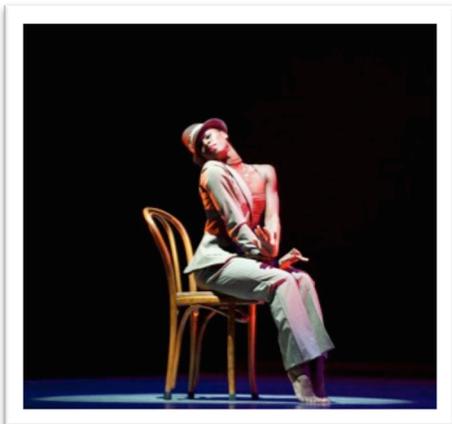
"Did you know that including healthy fats in your diet has many benefits?"

By guest contributor Natalie Duhamel.

Healthy fats are good for your hair, your skin, and your joints. They regulate your hormones, which means they can help control sugar cravings. Studies indicate that healthy fats may diminish PMS symptoms, and help you feel full longer than a high-carb snack could. This recipe has lots of healthy fats. These are very calorie-dense so you only need one or two Hemy Amazeballs as a snack.

Imagine the Possibilities for YOU!

An interview with Rachael McLaren, dancer with Alvin Ailey American Dance Theater.



Alvin Ailey American Dance Theater's
Rachael McLaren.
Photo by Andrew Eccles

It is easy to have an idealistic view of what the journey of becoming a dancer is like. How has your journey unfolded?

My journey has been different than I had imagined. **There is no one set path to becoming a dancer**, which can make it overwhelming and confusing. Dance is a hard career to choose – you deal with your own uncertainty as well as others' uncertainties about dance. Because it is not a traditional path (as opposed to becoming a lawyer, doctor) it is challenging, but **with a good support system in your teachers, family, and yourself, then you have a good foundation from which to pursue your passion.**