

# Cara Houghton, CUKSN and Burnout

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## SUMMARY KEYWORDS

burnout, feel, people, running, depression, week, campaign, practice, bit, hattie, mental illness, play, musicians, talk, burnt, convent, period, day, cello, break

## SPEAKERS

Cara Houghton, Rebecca Toal, Hattie Butterworth

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- H** Hattie Butterworth 00:02  
Hello and welcome to Things Musicians Don't Talk About with your hosts Hattie Butterworth.
- R** Rebecca Toal 00:08  
And me Rebecca Toal.
- H** Hattie Butterworth 00:10  
Within our vibrant musical world, it can often feel that the struggles and humanity of musicians is lost and restricted.
- R** Rebecca Toal 00:18  
Having both suffered in silence with mental, physical and emotional issues. We're now looking for a way to voice musician stories, discuss them further and to connect with the many others who suffer like we have.
- H** Hattie Butterworth 00:28  
No topic will be out of bounds as we're committed to raising awareness for all varieties of struggle.
- R** Rebecca Toal 00:34  
So join me Hattie, and guests as we attempt to bring an end to stigma by uncovering the things musicians don't talk about. Hi everyone, thank you so much for joining us with this episode.

musicians don't talk about. In everyone, thank you so much for joining us with this episode today on um, burnout really. So first off, we were contacted by Cara, who is the head of the...well the chair of the Conservatoires UK Network. Um, and basically she and the team are running a campaign this week about burnout in conservatoire students. Uh it's not necessarily music-specific as she'll explain, but yeah we were really intrigued because I don't think either of us had ever come across any conversation about burnout in any of our musical education, so it felt like a really worthwhile conversation to be having. Um so yeah, first off we have a little segment where we just talk to Cara about the aims and the whos and the whats and the whys of the campaign. And then we go to have just Hattie and I have a little conversation, a little chit-chat about burnout and our thoughts. It was very unstructured, I feel like we rambled a lot. Anyway, um we felt very energised after the conversation, having been very very not in the mood to record that evening. We were both so tired, but as I said, we felt pretty good afterwards. Um, as for me, things are fine. If you follow me on the ol' Instagram, you will have seen that I recently was prescribed some medication for my anxiety, so I've been taking that as and when I need to, and getting used to urm like whether I need to take it in advance or how long it's gonna take to kick in. All this kinda stuff. But yeah it's just... I'm enjoying having the sun out. Definitely helps with my mood alot and in the UK we're winding down towards Easter Holidays so a lot of my teaching is winding down now which is really nice, and I'm looking forward to having a break. Kinda ties in nicely with the whole burnout theme. Anyway, enjoy the episode. As usual, we give all the details about where you can find us at the end of the episode, but yeah, keep getting in touch. We really love it when you guys message us suggestions or feedback or just life stuff, or yeah. Just feels like a really nice community that's growing here, so thanks so much for being here and joining the conversation. Hi, Cara! How you doing today?

C

Cara Houghton 01:07

Yeah, I'm really good. Thank you. I've just taken some time out this afternoon, and I'm feeling really good for it.

R

Rebecca Toal 01:13

Well, we're super excited to be talking to you about the coming burnout campaign. Thank you so much for asking us to be involved. And we know that we are going to have a lot to say about it when we do our own chat slash rant later. But first of all, do you want to just take the stage and just tell us what is the campaign? And then I'm sure we'll give you some difficult questions after.

C

Cara Houghton 01:38

Okay, um, yeah, so basically, this campaign came about before I came into the role that I'm in, which is chair of Conservatoires UK student network. And before I came into this role, I was having a chat with Lloyd who was in this job before me. And and we both raised some concerns over the summer break of 2021, about things coming back to normal and conservatoire students just kind of getting totally overwhelmed, and, and having too much on their plates. And in the chaos of changing COVID restrictions, and freshers weeks and everything that was going on, we never really got to address the conversation we had. But interestingly, it re-cropped up for me, when I was speaking to my friends, who are all kind of recent graduates

who've been working between like one and five years now. And I was alarmed by how many people were like, "Yeah, I've not got a day off for like three months." And I was just like, "No, this is bad. Like, this is good, great. You've got work again, like the pandemic is easing, and you're allowed to perform. But also, please don't work for 60 days without any kind of break", especially a lot of that work tends to involve travel, and people can see travel as like days off and stuff. And I thought "this campaign needs to happen", to try and almost in a... It's meant to be an awareness campaign. It's nothing to do with kind of, "here are the things that you can do to prevent burnout." And, you know, it's not like, here's the hard facts, because also, there isn't really hard fact. It was more to be like, "please be aware." And and it's ... I know so many people kind of in their third year of undergraduate study, have that moment where suddenly, all the projects get harder, the exams get harder, and things matter and count. And it's really easy to just sort of crumble. And so I thought, I need to try and get in as early as I can and help hopefully as many people as possible. And so yeah, that's kind of how and why it came about.

H

Hattie Butterworth 03:58

Can you tell us about who was involved in it? Is it a thing run by the Conservatoire UK network? Is it something that all conservatoires can get involved with?

C

Cara Houghton 04:07

Yeah, so the thing with the student network is ... we've been around for about 10 years. And it's sort of just a support network for everyone who's working on the SU, so mostly the presidents. Um, and this group of people naturally, the people that come into this job like to take on as much work as they possibly can until they crumble to the ground. So we've started trying to involve as much of our student body as possible, like we don't want it to just be a group of 10 people. We want it to be everyone, staff and students. Um so that was actually one of the reasons for running the campaign. We really wanted to do something that could involve everyone. I didn't want it to be just music-specific as well because obviously we've got tonnes of courses in the conservatoires. It's not just musicians, um which is easy for me to forget. And, and we've been working really closely with Healthy Conservatoires, which is the most amazing resource. I'm obsessed with the website, I keep just scrolling through the website because of how nice it looks, like I am really impressed and all the information on there is so good. So I wanted to also be able to signpost students towards that, and I was really keen to work with both of you, especially after the injury awareness campaign that you got in touch with us about last term. Yeah, it was so great to work with you, and I thought this is a good opportunity to try and just, you know, create a community try and bring as many people together as possible. That's what we needed, I think.

R

Rebecca Toal 05:44

Yeah, I think we're so happy and grateful that you're doing it, because I think, especially at music college, it's just not something that I ever experienced conversation about. And when we talked about it briefly before, I remember, there are a few points that really stuck in my mind about the campaign. One was that you're not ... it's like a virtual campaign. So people don't have to add more things into their schedule to ... come and like attend more talks, because that's just going to make them busier. And it's kind of what we ... Hattie and I were talking about with

our injury week that, you kind of just make stuff, and if people want to consume it after the actual week has gone, in their own time, that's probably the healthiest way you can do it. And as you say, an awareness thing that ... they're just, just kind of putting ideas in their heads, reminding them that this is a thing. So in terms of the campaign itself, can you tell us any of the bits and bobs that we should be looking out for?

**C** Cara Houghton 06:49

Yeah, so it runs across the the whole week, well, five days from the 21st of March, until the Friday, and it's basically....I'm trying to make it the most gentle campaign possible. Um, I don't want this to ruffle any feathers. And also, if there's one thing that I've learned, it's that if you talk about something too much, you start seeing it everywhere. And if you force it down people's throats, suddenly everyone's gonna be like "I've got burnout!" Um, and you know, it's really ... also what even is burnout? Like, there's so many times where I'm like, "Yeah, I've got burnout." And then I'm like, "No, I'm not, I'm just a little bit stressed. Or I'm feeling a bit down today." And then I'm like, "wait, but they're the symptoms and like, how am I supposed to add all this up? Like, what is going on? How am I feeling?" And so the first part of the campaign is just a definition of burnout. Simple as that. Michael at Healthy Conservatoires has been so helpful with me because ... just to mention, Healthy Conservatoires is something ... everything is like research-based and kind of factual and backed up. So we don't put any harmful misinformation out there. So he's helping me by sifting through loads of resources and trying to pull together a really clear and easy to understand definition of burnout. And then as the week progresses, kind of looking at the symptoms around what burnout is. And then burnout in conservatoire students. And something that's really interesting here is there's like there's no published research on this. There's a people, people have done some dissertations like ... I think I've seen a postgraduate dissertation on it... But there's been no peer reviewed studies or anything, which is crazy, because I've never seen ... like the ... I have come into contact with so many people that have totally crashed during... like just being a music... being a performing artist, working in the performing arts, I just think it's insane that there isn't anything out there already. However, same as everything else. Sport is like a million years ahead of us. So there's loads in there for sport, which is really helpful for all the dancers in the conservatoires as well. Um, and then towards the end of the week, it's kind of just like a gentle tailing off from the campaign, and I'm speaking to each of the presidents and student representatives that form part of the CUKSN network. And they're going to share kind of their own stories around burnout, whether that's a "hey, I've had burnout and this is what's like", or "hey, I've literally never had burnout. But here's what I've learned" and all these things. I just thought it'd be a nice way to show a bit of a conversation and get people thinking about it really. Sorry, I spoke loads there.

**H** Hattie Butterworth 09:41

No!

**R** Rebecca Toal 09:42

It's really good.



H

Hattie Butterworth 09:43

If you think that's loads, you should hear some of them.

R

Rebecca Toal 09:45

You should listen to the pre-edit of our podcast. Yeah, then you'd understand what talking loads is.

H

Hattie Butterworth 09:52

No, no, honestly. You know, where do you stand in terms of your experience with burnout? Is it something you've mostly sort of witnessed in your friends and other people, or is it something that you do have a personal experience with, to some extent?

C

Cara Houghton 10:06

It's really interesting because the honest answer is I'm not sure if I've ever had burnout. Um, I've certainly... I've 100% been on my way to burnout before but I don't know like, how, how do I know? Like, is someone gonna come up to me be like, "hey, guess what? Today's the day you're gonna experience burnout", like I'd... like... But one thing I am certain of is, the more I've read into it, the reason burnout is so difficult to talk about is because there's so many things that are similar. For example, symptoms of burnout can be really similar to symptoms of depression, it's just that burnout, those feelings are specifically about a certain area of your life, a certain, you know, subject and I think... I am someone that can very easily get overwhelmed with stuff and my response when I'm overwhelmed is to like freeze, like, just totally stuck. Like, I can't do anything. I've had a paint by numbers since August 2020 and I have not finished it, because when I'm like feeling really stressed, I'm like, "Yeah, let's let's do some of that." And then I can't, I can't touch anything, I can't do anything that I feel will help me. So I don't know, is that burnout? That's what I'm trying to discover almost through this campaign.

H

Hattie Butterworth 11:24

I love that you're coming at it from like, a sort of, "I don't know, but I'm fascinated" kind of angle, if that makes sense? Like, I think though, as you say, like there is a danger to create a campaign acting as if you're the the one that knows it all is is ready to like, you know, but as you say, like you don't want to do any damage. You just want to open a conversation, let people know that you know it exists and that you're, you know, things are there for them, resources are there and can be accessed. I think that's such a ... a really like, I don't want to sound patronising, but like a really intelligent way around it.

R

Rebecca Toal 11:57

No, I mean, it's like it when we did our injury campaign, it was like, we want to talk about it, because we don't feel it's talked about enough, but yeah, that doesn't make as in any context,

like the authority on it. And it's encouraging that people who aren't the authority, want to create conversation, and then hopefully it will generate more research or higher up more conversation amongst people that have expertise. But it's ... yeah, I'm, I'm really excited to see what the week brings.

**C** Cara Houghton 12:32

Oh, thanks for the inspiration as well. I feel like this feels much easier to do, knowing that there's other people out there doing... like making their, making their way as well.

**H** Hattie Butterworth 12:42

We can't wait to support you more with it, like honestly, like...

**R** Rebecca Toal 12:45

W'll be reposting and everything

**H** Hattie Butterworth 12:47

We literally will though.

**C** Cara Houghton 12:50

Thank you! Yeah, I'm quite nervous about it. But it's fine. Everything'll be fine.

**R** Rebecca Toal 12:56

Well, thank you for taking the time to talk to us today just by introducing it, so it's kind of going to be the precursor to our episode. Yeah, thank you so much for your time.

**H** Hattie Butterworth 13:06

Thank you. And all the best.

**C** Cara Houghton 13:08

Yes! You too! Enjoy recording the episode.

**R** Rebecca Toal 13:21

Okay

H Hattie Butterworth 13:23

I wish people could see my face.

R Rebecca Toal 13:25

I mean, I'm glad they can't see mine because I walked into a signpost today. So burnout.

H Hattie Butterworth 13:32

So burnout is a concept.

R Rebecca Toal 13:34

Is a concept, and I feel like I'm always burnt out, but I don't know if that's true. And because maybe I'm just tired, and it's really hard to know, because it's such a cumulative thing, isn't it? It's really hard to be... to define like Cara was saying.

H Hattie Butterworth 13:55

Yeah, I've heard, you know, I've had a period of listening to a lot of these like, coach podcasts, and they're not bad. I sound like I'm taking the piss. But things like ... there's this one called The Calmer You podcast with a woman that wrote the Anxiety Solution, whose name I completely can't remember. But I remember she's had a few people on talking about burnout. And to me, it always slightly sounded like they were trying to convince her and themselves that they weren't depressed. They would always be like, "I wasn't depressed. I just couldn't move and had no motivation and felt completely drained." And it kind of goes hand in hand with like adrenal fatigue. Have you heard about that?

R Rebecca Toal 14:41

Yeah.

H Hattie Butterworth 14:41

And people says it's made up and say that "that's not a thing and that that's all made up" blah, blah, blah. And I feel like I do believe it's a thing, because I think I've experienced both depression and burnout and they did feel very different.

R

Rebecca Toal 14:55

Yeah, no, you're right. I feel like for me when I've experienced depression - which is all the time - it's more of just a general, like lowness, and yeah, like stagnant.. -cy? I don't know. And burnout feels like I've reached the end of the road in terms of like, motivation, or like, I can't see how I'm going to get the motivation back. Yeah, it's hard to know, for me like, well, for a lot of freelancers, like travelling from place to place to place, obviously makes you exhausted. It's hard to know, for example, with that, whether you're just tired, or whether you're burnt out from just hopping from one thing to...

H

Hattie Butterworth 15:40

Or on the way to burnout.

R

Rebecca Toal 15:41

Yeah.

H

Hattie Butterworth 15:42

I think that's what's hard as well, because I think a lot of us have a mind where we have sort of periods of three weeks of like, intense motivation. And then maybe two weeks of like, burnout, or time where it's incredibly difficult to motivate yourself to do anything, and you don't really enjoy playing anymore. And it's sort of like, "Oh, but I... few weeks ago, I was like, pushing myself so hard, doing everything, practising loads, blah, blah, blah," like, I feel like I've had cycles like that a lot throughout my like cello life of like, weeks being incredibly intense and then I ... just kind of, naturally I know, when I come back from a course or whatever, that I'm going to be burnt out for a week. And I don't know if that's right. But that seems always to be what I've just got used to is like, if I push myself, then I know now that I will just be burnt out for a few weeks afterwards.

R

Rebecca Toal 16:39

Do you think that burnout is ... in the same that it's cumulative, is it...does it regress cumulatively? So if you do a little bit of self care, then you're like, a few steps back. But then if you were to push yourself, you'd go back? Or do you think that you have to just take a complete break, like a retreat from everything to then be fully, quote unquote, cured again?

H

Hattie Butterworth 17:04

I don't know. I think, I think I definitely wish that it could be, as you say, like cumulative, but at least for me, I think I would need and have needed to do the complete remove thing. Because kind of, I dunno, kind of going in with my experience of it, I feel like I pushed myself so hard in my teenage years, went to college, dealt with depression, anxiety, OCD, for three years, and then in my last year of college, I was like getting better. But the feeling that would not go away



with this feeling of like, "I don't want to play anymore. Like I am so tired of playing." And it was a feeling of like, "I'm so s... so burnt out of sharing." I didn't want to share like my music anymore. It was like, people keep expecting me to play to them and I don't want to share anymore. Like it's too much like I just can't. And I actually found on my phone the other day, a little audio...Like I hate writing in journals, I just can't motivate myself to do it, so what I used to do was like, record myself speaking how I was feeling.

R Rebecca Toal 18:10  
Like a detective.

H Hattie Butterworth 18:11  
Yeah.

R Rebecca Toal 18:12  
But detective of feelings.

H Hattie Butterworth 18:13  
Yeah. So it would be like, "I don't know, but I just feel terrible. I feel like I don't need a therapist, but I probably do."

R Rebecca Toal 18:22  
And now you just send me those voice notes.

H Hattie Butterworth 18:26  
And one of the things I said was like, "I just want to go away, shut myself off from the world, and just not see anyone or be anything special anymore." And it was really funny listening to that back because six months after I'd recorded that, I decided to go o the convent.

R Rebecca Toal 18:40  
Oh yeah!

H Hattie Butterworth 18:42  
Like it was so interesting to hear that, it was like "oh, my god, like I ended up doing what I actually really wanted to do."

R Rebecca Toal 18:48  
First time ever.

H Hattie Butterworth 18:49  
First time ever. Yeah. And even though I did have another period of mental illness after that, like that feeling of burnout, that is how I would have described as... just the feeling of like, "I don't want to share my music anymore. Like, I'm so sick of it. And I don't know where it's going." And it just feels like flat. And every time I try and like get it going again, I just can't quite feel excited about it anymore. But it did feel very different to depression, at least for me.

R Rebecca Toal 19:15  
I think. Yeah, looking back on periods of what I suspect were burnout for me, there was always a little bit of like resentment entwined in it, whereas depression didn't. There was no resentment with the depression. For the burnout, it was like "yeah, I don't want to share, like I'm fed up with this" or like, I don't know, "I can't keep going" and there's always this tone of like, I don't know, kinda like throwing an internal like temper tantrum because I haven't got any more energy. Whereas yeah, depression, for me feels very, like low energy, whereas that yeah, there's an element to burnout that has this little spark of like, grrr.

H Hattie Butterworth 19:58  
Anger.

R Rebecca Toal 19:58  
Yeah, I feel like I PlayStation game called Burnout, like four or something. It was I think ...it's like a car game.

H Hattie Butterworth 20:07  
Fourth year of college,

R Rebecca Toal 20:08  
Yeah. And we just had to crash the cars and then like, the more money that the crash cost, that was like you won more or something. That's actually really weird!



H

Hattie Butterworth 20:17

That is cool.

R

Rebecca Toal 20:19

I mean, that's, I guess like symbolising burnout of fourth year and the more you crash, the more you can come on our podcast. I'm not sure if my experiences have been burnout, and like, I haven't really done anything to like retreat.

H

Hattie Butterworth 20:36

Tell me more about that, though. Like...

R

Rebecca Toal 20:38

I don't know. I yeah, I just find it really hard to know what is depression and what is like, I guess like imposter syndrome, or like self doubt being like, "I don't want to share what I have to offer because it's not good enough." And, or, like, "I don't have any motivation to do this anymore. And I feel like I'm not motivated, because..." Hattie's pointing at her brain, like she's remembered something. So go and ask me that golden question.

H

Hattie Butterworth 21:06

Was your burnout ever ... was the resentment of your burnout ever to do with wanting to do something else? Like, "oh, I wish I could be this", or "ah, I wish I didn't have to play and I could instead do this." Was there ever kind of like, that element to it?

R

Rebecca Toal 21:22

Maybe, I don't know, I think because I've always had kind of an avoidant personality, where I'll do so many things in life all the time. Like, when I was at school, you know, I did sport and music and acad-...iacademia. You know, like everyone does at school. Because that's what school is. And then, you know, when I got to London, I started teaching from first year, and then was like, still taking running really seriously. And volunteering and there was always all this stuff, and now it feels like there's playing, there's teaching, podcast stuff, like all this stuff, and I feel like I always have lots of things going on, which inevitably makes me tired. And yeah, I don't know whether the resentment that I sometimes feel in burnout is because I'm, like, "Ah god, I've done it to myself again," like I've just made myself too busy, because I'm scared of committing to one thing or like letting something go. Or whether the resentment is just yeah, maybe because I want to be something else. And I often have that feeling like you said, of like, just wanting to retreat and not see anybody or be anything or do anything for like, a while.

H

Hattie Butterworth 22:37

I think we forget, like when you're sharing music like that is an emotionally very taxing experience a lot of the time like, and last night I was (to be shared later), I was writing a blog about like, performing with a mental illness and like what it feels to go to a performance and travel to somewhere when you are struggling with mental illness. But I was thinking while I was writing it, like even if you're not struggling with a mental illness, this is a lot to expect us to do. And I was ... you know, the reason it was so hard when I was ill is because it was so hard when I was well, like, getting the train and then having to meet people you've not seen before maybe who are running the concert. Rehearsing then you've got like three hours before the actual concert, then you have a concert, then you probably have an interval. And you're like, "oh my god, I just want to go home. This is just so..."

R

Rebecca Toal 23:29

And then you've gotta to travel home. That's always the worst bit.

H

Hattie Butterworth 23:32

It's the worst bit. And it was so funny. I was like, "every time, every time there's like a late night concert, I go to like a supermarket and all I want is like sucky yoghurts and melon.

R

Rebecca Toal 23:42

Sucky yoghurt?

H

Hattie Butterworth 23:43

Yeah, like a sucky yoghurt. Like we talked... did I tell you about this before? Like a pouch of yoghurt.

R

Rebecca Toal 23:48

What, like a frube?

H

Hattie Butterworth 23:49

Not quite like a frube, like a ... like an adult frube.

R

Rebecca Toal 23:51

What?

H Hattie Butterworth 23:52  
Have you not had a sucky before?

R Rebecca Toal 23:53  
It sounds absolutely vile.

H Hattie Butterworth 23:57  
It's delicious. And it's all I eat after concerts because I haven't got the energy to eat anything else.

R Rebecca Toal 24:02  
Fair enough.

H Hattie Butterworth 24:03  
Anyway. I dunno where I was going with that, other than to say, like, yeah, the experience of playing...we don't, we seem to forget, like we are giving of ourselves 100% in that moment, often, a lot of the time.

R Rebecca Toal 24:19  
Yeah. I really hope there's more research that comes out on musicians and burnout, because I would be really interested, like, yeah, are musicians more likely to burn out than another job? Or... I don't know, like, yeah, do you think you're more likely to burn out if you've got a mental illness because it's tiring, or less likely because you're dealing with mental illness all the time anyway?

H Hattie Butterworth 24:44  
Oooh, yeah, such a good question.

R Rebecca Toal 24:47  
We need somebody clever to go and do this research.

H Hattie Butterworth 24:49  
But also I do believe that like... is there a word for people that don't have mental illness? Because I want to say neurotypical, but is that the right word?

because I want to say neurotypical, but is that the right word?

R Rebecca Toal 24:57  
Bloody annoying,

H Hattie Butterworth 24:59  
Bloody lucky.

R Rebecca Toal 25:01  
I have no idea.

H Hattie Butterworth 25:02  
I would like to interview one of those lucky but ....lucky people but also who have had burnout because I feel like yeah, all my burnout has also had mental illness intertwined.

R Rebecca Toal 25:12  
Yeah, and whether like, afterwards, did they feel like it affected their mental health in the long run... Or was it, were they able to get back to what's normal for them? In a reasonable amount of time?

H Hattie Butterworth 25:28  
I have a question for you actually, which might be a bit surprising.

R Rebecca Toal 25:32  
I love surprises.

H Hattie Butterworth 25:33  
You speak about your running.

R Rebecca Toal 25:34  
Yeah.

H Hattie Butterworth 25:35  
You were a very successful runner.

R Rebecca Toal 25:38  
Successful. I won so many running auditions.

H Hattie Butterworth 25:42  
You were like you got further with running than I think 90% of the population do.

R Rebecca Toal 25:48  
I definitely got further in my running than my music.

H Hattie Butterworth 25:51  
That's hilarious. Run Talk Run.

R Rebecca Toal 25:54  
Run, talk, trumpet.

H Hattie Butterworth 25:57  
Run Talk Trumpet! Can you like, and maybe it's something you don't want to speak about?

R Rebecca Toal 26:03  
I always want to speak about it.

H Hattie Butterworth 26:04  
Okay great. So can you say... Because obviously...maybe not obviously, but you've been saying you've been trying to get back into running through doing your couch 5k or not?

R Rebecca Toal 26:13  
Couch to couch

COUCH TO COUCH.

H

Hattie Butterworth 26:15

Can you speak about how that went, like, going from like, really quite intense running to not running? Was that...Was there any element of burnout maybe in that?

R

Rebecca Toal 26:26

Yeah, completely. I remember, I took a bit of time off after I did the Brighton marathon. And I remember looking back and being like, "since I started running in year 10, I haven't had any period of time off running." Not even like a week, two weeks. So that would have been from 2010 until 2019, 2018? Which is nuts. And then there was a part of me when I stopped ... I mean, there was a huge part of me that was really resistant to stopping, because it was so ingrained in my psyche of like, "Get up, go for a run, like, you know, your week's not complete unless you've done this many miles or whatever." But there was another part of me that was like, "Thank God, we're having a sit down."

H

Hattie Butterworth 27:19

A coffee and a sit down.

R

Rebecca Toal 27:21

Yeah, and then the pandemic came and like, because I also know that when I was running, or when I started running, and actually, all the way through, it had been so interlinked with my eating disorder, and my body image and everything. So I was like, "I think in order to take more steps forward with my recovery, I need to just like go completely cold turkey on running," which was really hard. But now I feel like trying to get back into it, I have not only this expectation of like, "well, the last period of running that you did, like regularly, you were running 26 miles. So why can't you run, like, for a minute?" So there's that, and there's also this, like, "I don't want to run if I'm not running quickly." And like ... And, and then I mean, I guess I'm going on about this because it feels exactly the same as music, it's like...So a couple of days ago, we put out a question on our Instagram story about practice, and what's stopping you from practice? Because at the moment, I feel like I am having real problems with motivation and energy. And I mean neighbours a little bit, but not so much. I definitely blame them for my motivation. And I feel like... you getting the snacks?

H

Hattie Butterworth 28:46

That is like the number one thing you should not do when someone's in the middle of a conversation.

R

Rebecca Toal 28:49



What? Get a snack? Anyway, we put the story out, this question out and just asking, like, "what is stopping you from practising at the moment?" And so many people said something like "not having enough stamina or not having the ability and..."

H

Hattie Butterworth 29:08

Scared of how I might sound or...

R

Rebecca Toal 29:10

Yeah, or like, "I know that I'm not gonna sound good. So I don't even want to try." Or same as like, "I don't have any energy or any motivation, so I don't want to be faced with that when I get to my instrument", like the feeling of "I used to be like this and now I'm ..."

H

Hattie Butterworth 29:27

Such a killer.

R

Rebecca Toal 29:28

It is but it's so real. And I feel as much as I don't want to say like, "that is burnout." I feel like that is definitely a symptom of burnout in that you kind of grind to a halt a little bit and then when you want to get back on, like to practising or something, it's really hard because you're coming from this place of lethargy and self doubt, and all these horrible emotions. And yeah, I was really touched and just like shocked how many other people were really struggling with practice.

H

Hattie Butterworth 30:04

It was incredible. I honestly thought there'd be maybe three people that would...

R

Rebecca Toal 30:08

Oh, yeah, you, me and

H

Hattie Butterworth 30:10

My brother.

R

Rebecca Toal 30:10

Yeah

Yeah.

H

Hattie Butterworth 30:11

But in terms of your running because it's fascinates me...

R

Rebecca Toal 30:14

Yeah?

H

Hattie Butterworth 30:15

Cuz I did have a little disordered period have it myself. Do you look back on that time now and see it as like, "Fuck I was really burnt out towards the end of that. Like, Thank God I stopped when I did" or any of that or is it like...? Yeah, explain how that feels.

R

Rebecca Toal 30:33

Yeah, I think particularly towards the end, I think in ... just like Cara was saying, there's a lot of literature on burnout and sports. And particularly when I marathon training, and I wasn't getting like any faster, or I didn't feel like I was getting any stronger. And I remember talking to, it was actually my old... I used to go to a running club near here, and the running coach there and, and some of the other runners and they were like, "sometimes what you just need is a break." You like hit this wall, where you either just need a break, or you need to like change up your workout or run faster or run slower or run shorter distance or longer distance. And yeah, it's just really interesting to you.. Sometimes, well, no, all the time, I was like, "I just need to work harder." I'm just like, "I'm just hitting this wall, I'm not getting faster, or like being able to run over this distance. I need to work more at it." But it's actually like that quote that you were saying about practice the other day, in that sometimes in order to master an art, you need to know when to let it go or like when to take a step back from it. I felt like it was exactly the same. Yeah, I think also when I, when I was coming to that period of time when I was training a lot, I was also ... I mean, I was studying like the whole time, like doing my master's degree. And like I had this really strict routine that I was like sticking to and I was like, "Well, I have to stick to this."

H

Hattie Butterworth 32:07

Alongside studying as well.

R

Rebecca Toal 32:08

Yeah, but that would mean like, especially when we had like

—

H

Hattie Butterworth 32:11

And teaching?

R

Rebecca Toal 32:11

Yeah. If we had orchestra projects starting 10 til 5, or sometimes we'd have like sectionals before or like I'd have a lesson before, so maybe nine, and I'd still go for like a 10 mile run before because I was like, "Well, I gotta stick to the plan." And when you're just before burnout, or when you're in that, like intense routine, you can't see the wood for the trees.

H

Hattie Butterworth 32:37

Mhmm yeah.

R

Rebecca Toal 32:39

...because you're just so in it. And I think that's what's sometimes so surprising about burnout or getting to that point, is that you're like, "but I was just doing what I've always done."

H

Hattie Butterworth 32:51

In terms of your depression, though, like how ... this is the question I'll often wonder is like, you clearly have really struggled with depression. But how does that correlate with like being able to follow a really strict plan? Do you find your depression didn't used to make you kind of depressed to the point of like, not being able to follow it kind of thing, or...?

R

Rebecca Toal 33:10

I think, actually something that I've never realised until just now is that I often beat myself up for like, being depressed or like my depression manifesting in more traditional ways, like not having energy now. But I realised that before, it was also hand in hand with an eating disorder and that voice of "you've got to go out for a run, you've got to burn these calories" or whatever was so strong, that actually the depression was half like, repressed. And it was no wonder I needed a break, because not only was I really tired, but my depression was also like, "can we just please like, have a few naps?"

H

Hattie Butterworth 33:54

That's so interesting.

R

Rebecca Toal 33:55

Yeah

Yeah.

**H** Hattie Butterworth 33:55  
So that was your coping mechanism for the depression in a way?

**R** Rebecca Toal 33:58  
Yeah.

**H** Hattie Butterworth 33:59  
Slightly as well?

**R** Rebecca Toal 33:59  
For sure. And it's like, I was so good at sticking to routines and now I feel like I can't at all because I had to let so much go in order to take a few steps forward that I'm not only starting from square one again, I feel like I'm starting from like square minus 20.

**H** Hattie Butterworth 34:16  
Woah.

**R** Rebecca Toal 34:17  
I don't have any of the coping mechanisms, which is obviously so much better and I'd rather that it's this way, but ...

**H** Hattie Butterworth 34:23  
Painful.

**R** Rebecca Toal 34:24  
Really painful. Really painful. It's the same for practice or I just... Yeah, I don't feel like I can stick to a routine and part of that is because I think I'm slightly triggered by the aspect of like, trying to stick to a routine because I'm like so averse to it because I know that that's ...

**H** Hattie Butterworth 34:41

You know the other side of that.

**R** Rebecca Toal 34:42  
Yeah.

**H** Hattie Butterworth 34:43  
Yeah. Yeah, yeah. I feel like that with healthy eating as well. Because I don't want it ever to get restrictive again, but I'm sort of like, I feel like I go too far the other way sometimes where I just do not feel good and I'm like "I've not eaten a vegetable for days", but I kind of don't want to enforce that, because I'm freaked out but what it might mean or whatever.

**R** Rebecca Toal 34:43  
And I can't even have like a little bit of that which I find really hard. I'm like "Oh no, please can I just have like a nice healthy routine?" Yeah for sure!

**H** Hattie Butterworth 35:11  
Same with exercise like obviously, walking has always been like so important for me but it's like "how do I do that, without looking at the steps or without all that crap?" Maybe I should just talk about why I went to the convent.

**R** Rebecca Toal 35:31  
Yeah! Did you see that Stacey Dooley documentary?

**H** Hattie Butterworth 35:34  
Oh, Lord, no.

**R** Rebecca Toal 35:35  
She went to convent.

**H** Hattie Butterworth 35:36  
She fucking didn't.



R Rebecca Toal 35:37

Yeah.

H Hattie Butterworth 35:38

She think she's so cool, but I did it first.

R Rebecca Toal 35:40

Yeah, but yeah, I feel like...

H Hattie Butterworth 35:42

What kind of convent was it?

R Rebecca Toal 35:43

For different reas-.... You weren't going for, to make a documentary.

H Hattie Butterworth 35:46

But she... what was she talking to them about?

R Rebecca Toal 35:48

Just like what's what's happening.

H Hattie Butterworth 35:51

OMFG. Okay, I need to watch this.

R Rebecca Toal 35:52

Yeah.

H Hattie Butterworth 35:53

Okay.

R Rebecca Toal 35:54  
Anyway.

H Hattie Butterworth 35:54  
Wowzer. So we all know the story. 2020, like...

R Rebecca Toal 35:59  
Wait, what happened in 2020?

H Hattie Butterworth 36:00  
Ah, Rebecca, ah you're cancelled.

R Rebecca Toal 36:04  
Okay.

H Hattie Butterworth 36:05  
My, yeah, I had two mental illness periods, genuinely back to back, which went from April 2020 to August, September 2020. After that, my grandma died. It was wonderful. It was just a little cherry on the cake.

R Rebecca Toal 36:23  
Lovely.

H Hattie Butterworth 36:23  
She was like "Imma die right now. Just make you feel 100% worse." So after that, my parents were sort of like, "what are you going to do?" And I was like, "D'you know what?"

R Rebecca Toal 36:36  
Dunno.

H Hattie Butterworth 36:36

I want to be kind of helpful, but I can sense another lockdown. I feel like there's not going to be anything in my life like, left. Don't want... the idea of going back to live with them and all I had was my cello felt so suffocating. And I wasn't doing a Masters because I didn't have the money. And I didn't want to... that was the other thing. Sorry. Backtrack a little bit. I always blame it on the money, but I have to be honest that I didn't actually want to do a Masters in my fourth year. I'd very clearly decided like, "I'm not excited enough about it." The idea of just staying the same, doing it for two more years. Like, "oh my gosh, I really don't want to do that." It was so clear in my mind, like no. I tried to apply to go to Germany, but it was just so clear that that was just not right, either.

R

Rebecca Toal 37:20

Mhmm, nein. My identity!

H

Hattie Butterworth 37:21

Nein. Nein danke. Ich bin fine, thank you. So yeah, I felt very lost. Like I didn't know what was going to do. All I knew was I want to be somewhere where I'm not known for playing my cello. Like I don't want to walk in and for them to, for me to give them that service of playing or for them to know me as Hattie The Cellist. And it was so interesting, because without me telling them that, they, like they were so ... they couldn't give a shit about my cello, which on a few occasions really upset me because I was like, "people, normally ask me to play ...my cello,..." My identity. Yeah, like...

R

Rebecca Toal 37:31

I don't have anything else.

H

Hattie Butterworth 37:35

They just wanted to know about me as a person. I was cooking I was, you know. And after about a month of being there, I was like, "I can't be on the internet, because I'm seeing other musicians and I just want to experience life, like, without all that" and I quit the podcast as well. I put that to the side. And I was just like, "I don't want to play anymore." And I remember talking to one of the nuns and being like, "I'm so angry at the cello right now. And I was so angry at it." And I was telling her, we'd have these like chats, it wasn't therapy.

R

Rebecca Toal 38:40

Spiritual chat.

H

Hattie Butterworth 38:41

It was like a spiritual chat. Yeah, but there was a weird boundary there. Anyway. So I'd like



offload about how terrible my degree was, how much I had to go through, blah, blah, blah. A lot of it was like, hyperbole. Is that the...when you exaggerate things? Yeah. Hyper-bowl. A lot of it was quite exaggerated, but like, a lot of it was sort of legit. And just telling her how I'm so angry at the profession. I'm so angry that like, I went through my mental illness and no one was there for me. I was so angry everything. So I was like, "I don't even want to see it. I don't wanna see any musicians anymore. I don't want to look at a cello." Left my cello, didn't play it for two months at all. I like completely decided "no, I'm a nun now. I'm not a cellist anymore." And it was kind of incredible.

R

Rebecca Toal 39:27

Did the time go quickly? Like, did you get to the end of those two months and be like, "Wow, two months has flown by?" Or were you counting the days like "wow, this feels like a luxury holiday."

H

Hattie Butterworth 39:38

Ummmm I didn't decide. Like there was no time there. Like I didn't know when I'd stopped if I was ever going to play again.

R

Rebecca Toal 39:45

Yeah.

H

Hattie Butterworth 39:45

That's how it felt. It was like, I'd completely let myself off the hook for like the first time you know, and I think that was like, the most incredible feeling ever. I felt so free. I was like, "I can literally do whatever the fuck I want. Like I don't have to share anything." And you might think, "no, you can't. You're in a fucking convent, and it's a lockdown. Like, where's the freedom?" But for those first months, it was like the freedom is just that I don't have any self expectation to get up and practice or get up and run or get up and ...It's that feeling of like waking up and you just like, get this like sink back of like...

R

Rebecca Toal 40:18

Yeah, you're essentially locked down to your instrument as well as locked down.

H

Hattie Butterworth 40:22

Yeah. So I suppose like having that, I was like "Whatever happens now, I don't really want to lose that sense of like, freedom."

R Rebecca Toal 40:32  
Yeah.

H Hattie Butterworth 40:33  
Yeah. And I felt like I hadn't had that since I was like, a little kid playing in the field with like...

R Rebecca Toal 40:37  
Yeah.

H Hattie Butterworth 40:38  
No issues.

R Rebecca Toal 40:39  
I don't think I've ever taken a purposeful break. Like, maybe a week. But that's been the most.

H Hattie Butterworth 40:47  
On trumpet you're talking about?

R Rebecca Toal 40:48  
Yeah.

H Hattie Butterworth 40:49  
Wow.

R Rebecca Toal 40:50  
Like I've taken like, in the pandemic, I didn't play a lot like, I really minimally practised or played at all. But the feeling of like, "I should practice today" was like, there.

H Hattie Butterworth 41:05  
Oh, yeah.

R Rebecca Toal 41:07

And, yeah, any breaks I took were completely, like depressive, or just like being in bed

H Hattie Butterworth 41:14

Ooh and that's not a break. Depression's not a break.

R Rebecca Toal 41:16

No. And because you're lying in bed being like, "Ah I should get up and practice." And then it's like 6pm. And you're like, "Well, I guess I can't really practice now because of the neighbours." And then it's just like that day after day. And also because I had my Masters final. And then after that, I started at the St. Albans, my graduate musician, thing. And during that, like, I hardly played at all, but again, I was like, every evening, being like, "I should practice"

H Hattie Butterworth 41:43

It's always there isn't it?

R Rebecca Toal 41:45

Always there. It's draining! And then it makes the time that you actually do go and practice not enjoyable.

H Hattie Butterworth 41:53

Because you feel like should have always done a bit more or whatever.

R Rebecca Toal 41:56

Yeah. And you're like, "I can't even really celebrate getting to this practice session, because I know that I haven't done so much that I could have done before" or you're like, "Well, I'm not strong enough", or you're always comparing it to the practice that you should have done.

H Hattie Butterworth 42:09

Yeah, I think that's where the kind of dialogue fucks me up a little bit. Because for me right now, if I was to practise half an hour a day, that would be absolutely amazing. Just for me in my job and situation right now. But if I admitted that to anyone in the, you know, teachers or

wherever, yeah, they would all tell me, there's no way I should be doing a master's next year, you know, without more practice time.

**R** Rebecca Toal 42:40  
Yeah.

**H** Hattie Butterworth 42:40  
But you know, there's just absolutely no way like I practise twice a week, you know. Like, it's just so funny to me how there's no kind of middle ground. It's almost like...

**R** Rebecca Toal 42:51  
That's so true.

**H** Hattie Butterworth 42:51  
... I'd rather not play and just not even talk about that, or, like, have me proper four hours a day or whatever.

**R** Rebecca Toal 43:00  
So funny, because yeah, I also feel like, at the moment with teaching, and like, my schedule is just a bit too full, there will often be two days in a row that I don't play, like, the last few months, I would say I've practised three times a week, for not long. But the pressure to be a professional musician and practice, and do like the proper practice puts me off.

**H** Hattie Butterworth 43:01  
Yeah.

**R** Rebecca Toal 43:09  
There's no like, "oh, I'll just do 10 minutes every day, or like 20 minutes or half an hour". It's "ah, I won't do any."

**H** Hattie Butterworth 43:37  
I'd rather not do any than like...like people said in your Instagram thing...

R Rebecca Toal 43:40  
Yeah.

H Hattie Butterworth 43:40  
Than like, find out how much of a failure I really am, or have that kind of guilt or whatever.

R Rebecca Toal 43:46  
Bizarre.

H Hattie Butterworth 43:47  
Do you think you have any plans for a purpose will break from playing? Like, is that something you would like to do? Or do you feel like, oooh?

R Rebecca Toal 43:55  
I feel like I'm scared if a gig came up and I wouldn't be strong enough to play. Or yeah, I just feel nervous. It's this constant waiting of like, "what if I get an email and I'm in my break?" And it's like, "well, they haven't emailed so far, so I think you're fine to take a break."

H Hattie Butterworth 44:15  
You feel like you couldn't really plan a break?

R Rebecca Toal 44:18  
Yeah, it's tricky, isn't it? I feel like I'm always at the mercy of somebody else's schedule. And like, I'd love to take a month off. But that feels like too much at the moment.

H Hattie Butterworth 44:31  
That reminds me of what Jocelyn was saying about that terrible sort of way we talk about work as like 'people giving you work.'

R Rebecca Toal 44:40  
Yeah.

H Hattie Butterworth 44:41

And how you should be so grateful for this performance work that people are giving you. It kind of reminds me of that it's like...

R Rebecca Toal 44:46

Yeah, but it's like if I ...if somebody asked me to do work now, I would feel so crushed or so completely in the wrong to say no, for my wellbeing, because what if I said no, and then they never asked me again? Isn't that stupid?

H Hattie Butterworth 45:06

I think it makes sense to be honest. It shouldn't. But it does.

R Rebecca Toal 45:08

Yeah. You're not playing much at the moment. And it feels like you're enjoying that. At the end of your job in July, can you foresee how you're gonna feel about the cello then?

H Hattie Butterworth 45:27

Um, I can't, honestly, and it really frustrates me. I feel like my emotions... I just have to accept that I change so frequently. And I have for the last few years, like the way I feel about things changes. Actually, the way I feel about the cello is the one thing really that changes a lot. And I will go from believing that actually, I would love to spend the rest of my life trying to perform and all this, and then I'll go through periods deciding, "no, I'm really leaving that alone now." So I think at the moment, I have committed this six months to like, I want writing experience, I want professional experience, basically, for the, for the podcast, and for like, just me in the classical industry having, like, just getting to know how things work on a professional level. Like that's kind of what it's been for. It's quite tempting to control it, you know, and to be like, "Ooh, at the end of my job, right, gonna go here. And I'm going to make sure that I then can do this much practice and that I'm then ready for this. And I'm going to apply for all these things." But actually, at the moment, I'm just more like, "I will feel how I feel. Maybe I'll want another job in like, another thing. Maybe I'll not."

R Rebecca Toal 46:52

So does it feel like a sabbatical at the moment?

H Hattie Butterworth 46:54

No, no. No, because I feel like if you're working full time, there's no way it could feel like a sabbatical. And I just it really fucks me off, that as soon as I get any kind of thought about quit

sabbatical. And I just it really ticks me off, that as soon as I get any kind of thought about guilt about practice, that annoys me to myself. I'm like, "Don't you dare talk to yourself like that. You are working really hard."

R Rebecca Toal 47:17

Do you feel like sabbaticals... I don't I haven't...You were the one that mentioned Hilary Hahn.

H Hattie Butterworth 47:24

Yes, I forgot about Hilary Hahn.

R Rebecca Toal 47:26

Do people that take sabbaticals usually do something else in the meantime? Or do they take it to just like be a sabbatical on life and just focus on their wellbeing?

H Hattie Butterworth 47:35

I feel like for Hilary Hahn, she... She's a bit too intense in the way she is described her sabbatical for me, in that she said she's ... she was planning it for 10 years. So I'm assuming then she put aside money every year like for this sabbatical. For me, that's like, that puts a lot of pressure on the year.

R Rebecca Toal 47:55

Yeah.

H Hattie Butterworth 47:55

Plus, what if you came to a year where you like, really could do with one, but you're like, "No, I planned it for 2020"?

R Rebecca Toal 48:01

Or if you got to the sabbatical year, and you're like, "Oh, but I really want to keep playing."

H Hattie Butterworth 48:04

Yeah. So I don't know how I feel about that side of it. But I think for her, she literally decided, "I am not playing for that year at all, not once." And she has a few ... she has some kids I think. I think she literally just went off walking, you know. A traditional sabbatical, like is often heard in

like religious terms where like a priest or whatever will go off and like, have a holiday. But yeah, the idea is that you come back with like this new lease of life and like energy for...

R

Rebecca Toal 48:36

Or you're like, "Urgh, don't wanna come back"

H

Hattie Butterworth 48:38

Well this is it. And that is a thing that like, I think people don't go on sabbaticals because they're worried that then they won't want to come back. But I...you know, being someone that's taken one, I think you should have faith, you know, if you really feel this is the time for a break, and financially, it's viable. And a change can be better than a break. I'm kind of going back and what I said though, because I feel like if you're working full time in anything, it's not a sabbatical. Right, ignore that.

R

Rebecca Toal 49:06

Yeah, I guess it's down to like... when I think about a sabbatical, I'm like, "Well, how would you earn money?"

H

Hattie Butterworth 49:10

Yeah.

R

Rebecca Toal 49:11

Cuz that's like the forefront of my mind all the time at the moment.

H

Hattie Butterworth 49:13

That's why I went to the convent because you don't have to earn money at the convent. But I'm not recommending everyone goes to the convent.

R

Rebecca Toal 49:20

Before we finish, I'm going to try and make this a regular segment. And secular segment.

H

Hattie Butterworth 49:25

A secular segment.



R Rebecca Toal 49:27  
Any little wins this week?

H Hattie Butterworth 49:29  
I like that segment.

R Rebecca Toal 49:30  
Because it's been a it's been a hard week. Every week is a hard week.

H Hattie Butterworth 49:35  
My win for the week is I bought a pair of trousers that actually fit me. They're actually a bit too big.

R Rebecca Toal 49:43  
That's great though.

H Hattie Butterworth 49:43  
But like, I didn't care. And I'm actually wearing them right now.

R Rebecca Toal 49:48  
I was gonna say, these look fantastic.

H Hattie Butterworth 49:50  
And I was thinking like, I felt scared to get dressed for so long. Because I don't want to know how it feels ...

R Rebecca Toal 49:59  
The same as practice.

H Hattie Butterworth 50:00

H Hattie Butterworth 50:00  
Yeah. Wow,

R Rebecca Toal 50:02  
Scared of your...

H Hattie Butterworth 50:03  
So I was just like I'm gonna ... they're actually men's trousers as well, because I, for some reason I wish the numbers didn't matter to me, but they matter to me and I'm in...I'm overcoming that.

R Rebecca Toal 50:14  
Yeah.

H Hattie Butterworth 50:14  
So my midway is to buy men's clothes. But yeah, it felt like, "wow, put your trousers on. This is what it's like to be in comfort and not to have something slightly too tight. But I feel like I have to wear it because..."

R Rebecca Toal 50:27  
But that's the norm like ...

H Hattie Butterworth 50:28  
It's terrible.

R Rebecca Toal 50:29  
Slightly too tight clothes, because you're like, well, "I might fit into that one day."

H Hattie Butterworth 50:32  
Don't, I hate that feeling so much though, I'm so over it. So it felt like a massive win.

R Rebecca Toal 50:36

— Yay, I'm so proud of you.

**H** Hattie Butterworth 50:38

I'd like to know your win. Have you thought about your win?

**R** Rebecca Toal 50:41

Oh, I guess I went to my Universal Credit appointment.

**H** Hattie Butterworth 50:44

Oh yeah, how was it?

**R** Rebecca Toal 50:45

It was actually fine. Like they weren't too... my work coach was really nice. Although she looked a bit shocked when I said I was a classical musician. And yeah, there was ... I felt like my win in that situation was not like talking myself down or being like, "yeah, things aren't just going really well. And like, I've got to find more teaching or something." I was like, "No, like things are exactly how they're supposed to be right now. And I just need some support whilst things get better, and like once I find my balance", because I mean, I keep forgetting this is the first time that I've been out of education properly, since the pandemic, and I'm still finding, like, where my energy is, like how much I've got, how much of my week I can fill, how much teaching I want to do, how much teaching I can do. She did say she was like, "if you could just get one more gig per month, maybe that would help" and I was like, "no, shit."

**H** Hattie Butterworth 51:43

Do you wanna find that for me babe?

**R** Rebecca Toal 51:44

Yeah, find me that gig agency.

**H** Hattie Butterworth 51:48

If you wanna go checkout the burnout week and let us know your thoughts.

**R** Rebecca Toal 51:53

Oh. we're still aoina. Check out the burnout week.

Oh, we're still going! Check out the current week.

**H** Hattie Butterworth 51:58  
Let us know your thoughts.

**R** Rebecca Toal 52:00  
Follow us on Twitter and Instagram and Facebook @tmdtapodcast.

**H** Hattie Butterworth 52:05  
Buy us a coffee if you fancy it and you're in a position to do so

**R** Rebecca Toal 52:09  
Check out our website. Got our resources.

**H** Hattie Butterworth 52:13  
Check out our other episodes.

**R** Rebecca Toal 52:15  
Yes, hopefully, one with Jocelyn Lightfoot will be out soon or is out, from the London Chamber Orchestra.

**H** Hattie Butterworth 52:26  
And if you want a transcript, we are fully accessible or we are aiming to be as fully accessible as possible to everybody. And they are available on the website.

**R** Rebecca Toal 52:37  
Yeah. And if you have any suggestions or requests or whatever we are taking... because like obviously ...

**H** Hattie Butterworth 52:42  
Or blogs!

R Rebecca Toal 52:42  
Or blogs!

H Hattie Butterworth 52:43  
We stan a good blog.

R Rebecca Toal 52:44  
Yeah, please write blogs for us. We love reading your stuff. But yeah, obviously we talk about things that we want to talk about, but if people want us to talk about something then that is great as well, even for these chatty episodes. Maybe we'll do a q&a at some point.

H Hattie Butterworth 53:01  
I forgot that those existed. I love Q&As. I think that's enough.

R Rebecca Toal 53:34  
Okay bye!

H Hattie Butterworth 53:35  
Okay bye!