

JENJARACKAS COACHING

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FOUNDATIONAL PRINCIPLES · 2 OF 3

Self & Spirit Care Tools™

The practices that keep your instrument alive, available, and free.

Most actor training focuses on what you do *in* the room — the technique, the scene, the audition. **Self & Spirit Care** is about what you do *outside* the room. It is the foundation that makes everything in the room possible, powerful, and uniquely & Divinely YOU.

An actor who is depleted, disconnected, emotionally unavailable, or physically tense cannot access the Body, Voice, and Feelings that their craft demands. **Self & Spirit Care** is not a wellness trend. It is a **craft discipline**. It is how you keep your instrument tuned and aligned with the **Truth of your Truth**.

“You cannot pour from an empty vessel. And you cannot act truthfully from a blocked one.” — JJ

The Core Practices

Pen-to-Paper Purging™

formerly: Journaling — now named for what it actually is

This is not diary-keeping. This is not affirmation writing*. This is the practice of getting what is inside — out. The thoughts, the fears, the noise, the resistance, the dreams, the grief, the anger, the joy — all of it. Onto the page. Without editing. Without ‘performing’. Without thinking. Without judgment.

Why it matters for the actor:

- Clears the mental and emotional clutter that blocks authentic access
- Reveals patterns of thinking that affect your work without you knowing it
- Develops the discipline of honest self-observation
- Strengthens the connection between inner life and outer expression
- Builds the habit of going to the deepest inner truth — on the page, and eventually, in the work --- effortlessly, authentically, & intuitively

Pen-to-Paper Purging is one of the most underestimated tools in an actor’s arsenal. It requires pen & paper. And it asks only that you show up with honesty, openness, and willingness.

It is important to note that while pen-to-paper purging is not a form of affirmation writing, **affirmations are a VITAL follow-up to your purge.*

Yoga

Body, breath, and spirit in conversation — in alignment

Yoga is not about flexibility. Flexibility is a perk. For the actor, it is about the alignment of self — body, breath, and spirit working in concert, as one integrated system. It is a practice of presence, groundedness, and physical awareness that directly feeds the craft.

What yoga develops in the actor:

- Physical awareness and body-mind connection
- Breath control and access — the foundation of voice and emotion
- Grounding and presence — the ability to be fully here, fully now
- Release of physical tension and habitual holding patterns
- Enhanced focus and concentration for sustained creative work

Tai chi is another form of mindful movement that serves this purpose — they both bring you into relationship and unity with your body and breath.

Meditation

Quieting the mind in stillness so the truth can be revealed

The actor's mind is often its own worst enemy. The second-guessing, the self-consciousness, the 'monkey chatter' that runs on a loop — these are the enemies of presence, spontaneity, and authentic creative response.

Meditation is the practice of learning to be still. Not empty — present. Not silent — listening. It is the muscle that allows you to drop into the moment of the scene without the noise of self-monitoring drowning out the truth.

What meditation develops in the actor:

- The ability to be present — genuinely — detached from self, from mind
- Quieting of self-judgment and self-consciousness
- Heightened sensitivity to impulse, instinct, and authentic response
- Emotional regulation and nervous system resilience
- Access to stillness as a "transformance" tool — the power of doing nothing. Being without doing.

Even five minutes of intentional stillness daily will change your relationship with the present moment — and it will manifest in your work..

ACTOR CARE Tools™

Additional practices for the full instrument

Any practice that strengthens, frees, or develops your CRAFT TOOLS is also a form of Self & Spirit Care:

- **Physical Training** — cardio, strength work, dance, martial arts: anything that builds physical vitality and body awareness

- **Vocal Work** — singing, dialect study, tongue twisters, pencil work, language exploration: anything that expands the freedom and range of your voice and diction
- **Creative Practice** — writing, drawing, music: any creative expression that keeps the creative channel open
- **Community & Connection** — healthy relationships, meaningful conversation, time in nature: anything that nourishes your human experience

A Note on Consistency

Self & Spirit Care & Actor Care are not something you do once when you remember to. It is a daily practice. Choose one practice and begin. Then add another. The instrument responds. Then the instrument expands.

“Live. Be. Behave. On stage, on set, and in life — it all starts here.” — JJ
