

not clapping

For everyone present at a performance.

Duration: variable/ongoing.

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At the end of a performance don't clap. Allow the performance to permeate into the social realm. Navigate a transition from the ritual of performance to whatever comes next in a mindful way, taking stock of how you and others feel. Give yourself permission to feel affected and pursue a course of action that nourishes you.

Consider the effect 'not clapping' might have on other performances.