

"STRESS DOESN'T COME FROM YOUR BOSS, SPOUSE, OR CIRCUMSTANCES. IT COMES FROM YOUR THOUGHTS ABOUT THOSE CIRCUMSTANCES."



We moeten allemaal zo nodig van alles doen, en doet dingen die je vind dat je het moet doen omdat een ander dat ook doet, pfffff..... al past het eigenlijk helemaal niet bij jou.

Je wilt eigenlijk ook alles mee maken , natuurlijk..... want je zou zomaar iets kunnen missen en dat is erg ... já zeker ...of niet ?

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No Stress

*het wordt je allemaal even te veel
gewoon alles, alles om je heen*

*je krijgt het warm en loopt rood aan
en denkt: ..., ik ben de banaan*

*je bent bang voor je eigen fouten en misstappen,
je bent bang dicht te klappen*

*maar dan denk je bij jezelf, waarom?
waarom maak ik me hier druk om?*

*dit is toch allemaal de moeite niet waard?
zo wordt er helemaal niks opgeklaard*

*je maakt je zorgen om iets klein
en dat voelt helemaal niet fijn*

*dus doe dit voor jezelf en stop ermee
je verdrinkt jezelf in de zee van stress*

Dus dit is een heel belangrijke les:

NO STRESS

van een onbekende auteur

A Stressful Life

Duration Appr. 03'55"

Antoon Gruyters

Allegro

On rim

mf

mf

mf

f / = cowbell

mf

f

mf



Sdr.

Bgs.

Tms.
Cmb.

Tmp.

Tbl.

Hht.
Cwb.
Tbr.

Bdr.



B

C

Sdr. *mf* *mf*

Bgs. *mf* *mf*

Tms. Cmb. *mf* *mf*

Tmp. *mf*

Tbl. Temple blocks *mf*

Hht. Cwb. Tbr. *mf* *f*

Bdr. *mf* *mf*

13

13

13

13

13

Sdr.

Bgs.

Tms.
Cmb.

Tmp.

Tbl.

Hht.
Cwb.
Tbr.

Bdr.



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Sdr. 25 *mp* 3 3 *f* **E**

Bgs. *f* *f*

Tms. Cmb. *mf* *f*

Tmp. *f*

Tbl. 25 Triangel *f*

Hht. Cwb. Tbr. *mf* *f*

Bdr. *mf* *f*

Sdr.

Bgs.

Tms.
Cmb.

Tmp.

Tbl.

Hht.
Cwb.
Tbr.

Bdr.



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G Andante $\text{♩} = 82$

37

Sdr.

Bgs.

Tms. Cmb.

Tmp.

Tbl.

Hht. Cwb. Tbr.

Bdr.

mp

p

mp

p

mp

splash cymbal

Tamboerijn

mp

mp



Sdr.

Bgs.

Tms.
Cmb.

Tmp.

Tbl.

Hht.
Cwb.
Tbr.

Bdr.



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J

49

Sdr. *mp* *mf*

Bgs. *mf*

Tms. Cmb. *mf* Cymbal

49

Tmp.

49

Tbl. *mf* Temple blocks *f*

49

Hht. Cwb. Tbr. *mf*

49

Bdr.

Detailed description: This is a page of a musical score for percussion instruments, numbered 10. The score is divided into two systems. The first system includes parts for Sdr. (Snare Drum), Bgs. (Bass Drum), Tms. Cmb. (Tom-toms and Cymbals), and Tmp. (Tom-toms). The second system includes parts for Tbl. (Tambourine), Hht. Cwb. Tbr. (Hi-hat, Cowbell, and Triangle), and Bdr. (Bass Drum). A double bar line with repeat dots is present in the middle of each system, with a 'J' in a box above it. Dynamic markings include *mp*, *mf*, and *f*. Performance instructions include 'Cymbal' and 'Temple blocks'. The number '49' is written at the beginning of each staff.



Sdr.

Bgs.

Tms.
Cmb.

Tmp.

Tbl.

Hht.
Cwb.
Tbr.

Bdr.



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Sdr.

Bgs.

Tms.
Cmb.

Tmp.

Tbl.

Hht.
Cwb.
Tbr.

Bdr.



73

Sdr.

Bgs.

Tms.
Cmb.

73

Tmp.

mf

73

Tbl.

73

Hht.
Cwb.
Tbr.

f

73

Bdr.



Sdr.

Bgs.

Tms.
Cmb.

Tmp.

Tbl.

Hht.
Cwb.
Tbr.

Bdr.

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Sdr.

Bgs.

Tms.
Cmb.

Tmp.

Tbl.

Hht.
Cwb.
Tbr.

Bdr.



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This musical score page contains seven staves for measures 97 through 102. The staves are labeled as follows:

- Sdr. (Saxophone):** Features a melodic line with accents (^) and triplets (3). The final measure includes first and second endings for a triplet (1. 3 and 3).
- Bgs. (Bassoon):** Provides a rhythmic accompaniment with eighth and sixteenth notes.
- Tms. Cmb. (Timpani/Contra Bass Drum):** Shows a steady rhythmic pattern.
- Tmp. (Trombone):** Plays a simple, steady melodic line.
- Tbl. (Trumpet):** Remains mostly silent, with occasional notes in measures 98, 99, and 100.
- Hht. Cwb. Tbr. (Horn/Contra Bass Drum/Tuba):** Features a rhythmic pattern with accents (^) and a dynamic hairpin.
- Bdr. (Bass Drum):** Plays a consistent rhythmic pattern.

Measure numbers 97, 98, 99, 100, 101, and 102 are indicated at the beginning of their respective staves. The score concludes with repeat signs and first/second endings in the final measure.

Sdr.
Bgs.
Tms.
Cmb.
Tmp.
Tbl.
Hht.
Cwb.
Tbr.
Bdr.



