

10 WELLBEING TIPS FOR SCHOOL STAFF

Everyone takes a different approach to wellbeing and there is no 'one-size-fits-all', but sometimes it's the little changes to your routine that make all the difference and help you to look after yourself.

We asked teachers what they do and this is what they said:



1. I try to **cut down on the amount of emails I send** and find people instead. Whoever I need to speak to, these conversations can be useful, funny and give me some valuable face-to-face contact.
2. We take turns to **organise social events** for staff like a quiz or book club and put a sign-up sheet on the board in the staff room so everyone can see it.
3. When I'm feeling overwhelmed, I **review my to-do list**. I try to filter out anything that doesn't **HAVE** to be done today.
4. I try to **take 10 minutes** to sit outside of my classroom each week. I take a cup of coffee and biscuits and listen to a podcast, listen to music, read a book or take a moment to think about what's been going well so far this week.
5. I **listen to praise** from colleagues, students and loved ones. Sometimes it's all too easy to absorb criticism but it's good to hear the compliments too.
6. **We celebrate more!** The first agenda item in our meetings is always highlights - a joke with a student, a moment of kindness, a breakthrough in the classroom. This way it becomes routine and helps you to celebrate the successes - however small.
7. I **try to stay active**. However hard it is to get going, physical activity really helps me when I'm feeling stressed. I love gardening, cycling to work or just going for a walk.
8. I **make the most of my time** outside of the classroom and wind down on my journey home. I do a puzzle, read a book, or, if I cycle, I try and take a scenic route home.
9. I'm lucky, I have really supportive colleagues and we **check in with each other** a lot. It makes such a difference when a friend asks how I am and actually takes the time to listen, so I try and do the same for them too.
10. Teaching can be tough and so being able to **talk to someone** when I'm struggling is vital.



#HelloYellow