



1. Disconnect your work emails from your personal phone. There is nothing to be gained from looking at work emails at 11pm apart from a sleepless night. Check messages on your own terms, when you will have time to deal with them. If for practical reasons you can't completely disconnect, turn notifications off.
2. Mix it up. Drive a different route to work. Sit in a different seat. Have coffee instead of tea. Granny was right; a change IS as good as a rest.
3. Practice gratitude. OK, this may sound a bit weird your own yoghurt, but taking a bit of time to focus on the amazing things in your life that you are fortunate to have can help to put things in perspective. Really it can. So when you've had a rough day, think for a minute, or even 30 seconds, about all those things you take for granted that are actually incredible.
4. Breathe! Yes I know you are already "doing breathing" but it is the only way oxygen gets into your system. And you know you need oxygen, right? I won't bore you with the science, but simply taking a few deep breaths in a stressful situation can give you the time and space to think before you act.
5. Reframe. It's human nature to dwell on mistakes and nasty situations. But if you can take a moment to think about what went well you are likely to find a lot of positives. This isn't rose tinted glasses stuff, you need to use mistakes as a learning experience, acknowledge and move forward. Black box thinking, if you like. Next time you have a lesson that goes, let's say, less well than you might have hoped, don't forget to pull out the aspects that did go well. Often 5 minutes out of an hour, or a couple of interactions out of a session, can colour your whole day. Try not letting it for once.

We all need a quick win now and again, but if you are struggling with your wellbeing on a daily basis, get some help.

If you don't feel you have anyone you can talk to, Education Support Partnership operates a 24 hour free and confidential hotline for anyone working in education. Call 08000 562 561 or visit their website <https://www.educationsupportpartnership.org.uk>

© schoolwell.co.uk 2017

www.schoolwell.co.uk

hello@schoolwell.co.uk