10 wellbeing tips for school

We asked school staff for their top ways to look after their mental health, here's what they said:

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.

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.

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.

Teaching can be tough and so being able to talk to someone when I'm struggling is vital.

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.

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.

I try and 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.

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.

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 going well so far this week.

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.

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