

TOP TIPS FOR TEACHERS

Care for yourself, so you can care for your students

TIP 1



Be Proactive

When you are already feeling exhausted, or feeling down it is hard to make positive choices. So before getting to that point, figure out what you like to do to unwind, to feel happy, to 'refill your energy glass' and book in time to do this before you need to!

TIP 2



Look After the Main Four

Sleeping at least 8 hours on average per night
Eating a full meal

Get outside everyday - go for a walk, or simply sit and get some air
Drink more water than coffee!



TIP 3



Explore YOUR Wellbeing!



TIP 4

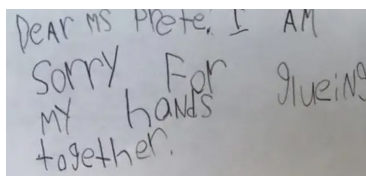
When you can feel that things aren't working or if one of the 'main four' is becoming too hard (e.g. sleeping, eating...) the talk to someone before you become overwhelmed.

Talk to someone

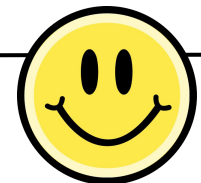


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TIP 5



Those moments that make us laugh as teachers?
Find a way to remember them that is genuine for you.
Remember the moments that make this job worth the extra!



Bank the Wins!