



Top tips for teachers to support mental health

1. **Plan for wellbeing** - in the same way that you plan for positive behaviour in your classroom (what you'll do when David starts calling out again) - plan for what you will do when you start to feel stressed, anxious or depressed.
2. **Keep a positivity diary** - every day, write down one thing that went well - a great lesson, an activity that worked really well, a positive interaction with a student. Then, on that grey February afternoon when you've just had the lesson from hell, read some of your entries and remind yourself just how good you are.
3. **Think about your pinch points** - what can you do to change them? Do you need a timetable for planning, marking and admin? Could you manage your marking differently? Have you protected some of your life to be school free?
4. **Tell someone you trust how you're feeling.** If there isn't someone you work with that you can talk to, what about someone who trained with you and will also be at the same point in their career? Talking over how you're feeling can help you to feel less alone.
5. **Be careful with social media.** Facebook and Twitter teacher groups are great for finding like-minded individuals and sharing ideas - but they can also knock self-esteem, so set some boundaries for your own use to keep it a positive aspect of your career development.
6. **GOOD IS GOOD ENOUGH!!** Many people who are teachers are perfectionists. This is not helpful in a career where you're never 'done' - there's always something else to do. However, remembering that 'good is good enough' helps to reduce the pressure and stress you are likely to experience as a teacher.

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