

Top 10 Tips for Teacher Stress:



01

Remember the difference you are making: You are doing a great job and having an impact on the children you teach. That is invaluable.



02

Talk to those around you – and not just about school: Discuss your interests and things that make you happy.



03

Schedule time to switch off: Although much easier said than done, take time for you! Read, sleep, draw or anything that you enjoy.



04

BREATHE (properly): Use deep breaths to recentre yourself. Use the 4x4 technique to regulate your heart rate and resettle your mind. Breathe in and hold for 4 seconds, and do the same breathing out.



05

Say goodbye to perfectionism: Teachers are master 'jugglers' but you cannot give your all to everything. List your priorities and focus on those that really need your time and attention.



06

Accept what you cannot change: Try to learn from your experiences and don't waste your emotional energy on things outside of your control. Forgive yourself for things that have happened in the past.



07

Stay energised: Make time to eat a healthy balanced diet, this will keep you going throughout the day. And biscuits don't count!



08

Banish negative thoughts: If you catch yourself thinking negatively or talking unkindly to yourself– rephrase and force yourself to think of something to make you smile instead.



09

Practice gratitude: Find a positive in each and every work day– no matter how small. Visualise things that have gone well and harness that positive feeling to help you cope in trickier times.



10

Finally.... ASK FOR HELP: You do not have to do this alone. If things are too much or you feel overwhelmed, talk to your colleagues and school leaders. Something can always be done to help.