

HOW CAN TEACHERS LOOK AFTER THEIR MENTAL HEALTH

 @BELIEVEPHQ



RELATIONSHIPS

Connect and develop with colleagues. Get to know who you are working with



COPING SKILLS

Spend time to develop some coping skills such as thought challenging and cognitive restructuring



SELF CARE

Look after yourself. Make sure you are getting plenty of sleep and eating a well balanced diet



EXERCISE

Exercise is a great way to boost mood and reduce stress and anxiety



SUPPORT

If you are struggling don't be afraid to ask for help

BREAKS

Take a break. Know your limits and give yourself a break from marking at home

PRESSURE

Reduce the amount of pressure you put on yourself. Strive for progress not perfection



RELAX

Slow down. Learn to breathe properly and take time to relax



TALK

Don't be afraid to speak to friends or family if you are struggling with things



WORKLOAD

Stay on top of things and try to stay organised throughout the week

