

5 ways to regulate your nervous system: teachers, leaders and education staff

Support your team and help reduce the impact of stress by sharing these simple, effective ways to regulate the nervous system. Leaders can explore our [Psychological Safety Guide](#), which offers practical advice on creating healthy cultures so staff feel able to implement the strategies that work for them.



View all resources via the QR code or visit educationsupport.org.uk/regulate

1.

Human connection:



When you feel overwhelmed, it's easy to withdraw — yet connection matters most during difficult times. A chat with a colleague or message to someone you trust can remind you you're not alone. Get **practical tips** from a Staff Wellbeing Advisor on healthy workplace relationships.

2.

Grounding techniques:



Simple grounding techniques help some people support their mind and body when stress levels rise. Breathing exercises, meditation and gentle movement can all support nervous system regulation. Explore [A guide to meditation for teachers and education staff](#)

3.

Spend time outside:



Time in nature can help regulate the nervous system, even in short bursts; a brief walk at lunchtime or after work can make a real difference. Movement also helps your body process and release stress. Learn more about this and other key strategies in [7 ways to feel good this year](#)

4.

Rest and recharge:



Rest is more than sleep. Researcher Dr Sandra Dalton-Smith identifies **7 different types of rest**, each supporting you in unique ways. Explore them and find what helps you recharge. If stress is affecting your sleep, you can also watch our expert webinar for practical advice.

5.



Talk it through:

If things feel overwhelming, talking can help. Our free, confidential helpline is available 24/7. You can speak with a trained counsellor who understands the pressures of working in education and can offer non-judgemental support and advice.

Call us. We'll listen:
08000 562 561



Free downloadable activity: The Window of Tolerance

Starting by acknowledging your feelings as valid can help you create balance and makes space for your team to do the same. To do this, it can help to understand your Window of Tolerance. [Try this exercise](#)