

# Start the year **well**: toolkit for teachers and education staff

This autumn term, we've handpicked a set of resources designed to help you protect your mental health.

Why not set aside time each week to focus on one? It's a simple way to keep wellbeing a priority right up until the holidays.

View the resources below and download the full toolkit to share with your team.

## Resources

### Managing return-to-work anxiety

We've worked with Anna Freud to develop practical, expert-led strategies that support teachers and education staff with return-to-work anxiety. They'll help you ease the transition back into school life and make space for the rest and recuperation you need.

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### 7 ways to feel good this school year

Avoid burnout with these seven evidence-based, readily available strategies for teachers and education staff.

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### Retain your joy and stay well

A third of new teachers quit after five years. What can you do to stay mentally well and retain your joy in teaching?

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### How to re-charge in 3 minutes or less

This exercise may generate ideas to create moments of pause, which you can carry out alone or with your team and revisit during times of challenge.

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### The building blocks of good mental wellbeing

Teachers and education staff, you can create healthy habits and a lifestyle that supports your mental wellbeing through a few simple steps taken at your own pace.

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### Staff wellbeing pack

Emotionally healthy teachers and school staff, make better learning possible. If you want to know how to make a meaningful difference to your staff's wellbeing, we can help. Sign up now for a FREE PACK of wellbeing resources and guidance for you and your staff.

# Resources

## Setting boundaries: a guide for staff in schools

Without boundaries, being open and available can quickly turn you into being overwhelmed and overworked. Read our guide for tips on how to set and keep clear boundaries.

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## Creating a wheel of life

This easy to use wheel of life tool can help you get a snapshot of how satisfied you are in your life.

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## Helpline poster

Our helpline counsellors offer immediate emotional, confidential support to teachers and education staff. Download our helpline poster for your staffroom.



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wellbeing resources,  
events and news  
straight to your  
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