

# Burnout toolkit: teachers and education staff



Burnout continues to be a challenge for teachers and education staff driven by sustained pressure, long hours and the emotional demands of supporting others. Many teachers and education staff experience exhaustion, detachment and reduced motivation, which can affect both their personal wellbeing and ability to stay in the careers they love.

This toolkit will help you understand burnout, recognise the signs early and take steps to protect yourself. You can find practical, evidence-informed guidance to manage stress, set boundaries and build sustainable habits. Designed to be easy to use, it offers both quick strategies and longer-term

## Resources

### **Teacher burnout and how to avoid it**

What is teacher burnout and how can you spot it? Teacher Victoria Hewett looks at the signs of teacher burnout, common teacher burnout symptoms, and what burnt out teachers can do to recover and prevent it.

### **Burnout: recognising the signs and protecting yourself**

Our Director of Programmes, Faye McGuinness, looks at how you can recognise the symptoms of burnout and shares tips to help you beat it.

### **Reconnect with your 'why': reflective exercise**

Taking time to reflect on our day, practice and reactions can help us reclaim the joy in teaching. Try this reflective exercise to reconnect with your 'why'.

### **Burnout: identifying the causes and protecting yourself**

Headteacher, Darren Morgan, looks at some of the causes of burnout in education settings and suggests ways to protect yourself and your colleagues

### **How can middle leaders beat burnout?**

Burnout is real and it affects teachers everyday. In this blog we talk to middle leader Bethan Ware, who offers tips and examines what middle leaders can do to avoid burnout.

## Resources

### Saying no: advice for setting boundaries

Many people working in education are uncomfortable saying no. Often it's due to a well-meaning fear of letting people down. Our advice is: get comfortable saying no! It's an important tool for self-care in the workplace.

---

### Time management: a guide for teachers and education staff

Whatever your role, this article offers tips to help you manage your workload and life goals productively.

---

### Anger management for staff in schools

Much attention is given to the need for school staff to manage student behaviour and anger. This resource will cover this, but also how to deal with your own anger and that of colleagues. There is also information on what school leaders can do to support staff.

---

### Window of tolerance exercise

This is a practical tool to help teachers and education staff understand emotional regulation, beat stress and burnout, build resilience, and support wellbeing in education settings.

---

### Helpline

Our helpline counsellors offer immediate emotional, confidential support to teachers and



### Sign up to our newsletter

Get our latest wellbeing resources, events and news straight to your inbox!