

Start the year well - toolkit



We hope you had a relaxing and restful summer and are feeling ready and raring to kick-start this new academic year.

We've handpicked some of our popular tools and resources to help you stay mentally healthy this autumn term.

Why not try and focus on one each week? This will help you prioritise your wellbeing right up until the Christmas holidays.

Resources

The building blocks of good mental wellbeing

Get support and advice on how to create healthy habits and a lifestyle that supports your mental wellbeing through a few simple steps taken at your own pace.

Retain your joy and stay well: advice for early career teachers

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

7 ways to feel good this school year

To prioritise feeling good and avoid burnout we need to learn to complete the body's stress cycle. We share seven evidence-based, and readily available, ways for you to try this school year.

Starting the year well: prioritising your mental health

This webinar provides practical tips to help you look after yourself this academic year. Share the recording with the rest of your team.

Setting boundaries: a guide for staff in school

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.

Resources

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.

Helpline poster

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

Role-modelling wellbeing as a busy leader

Role modelling good staff wellbeing is about building relationships, showing you are human, admitting you are wrong and seeking your own support when needed. Read our article for advice and tips.



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