

# Support for TA's and LSA's — wellbeing toolkit

We understand that as Teaching Assistants and Learning Support Assistants you face daily challenges while striving to create a nurturing learning environment.

From setting up classrooms to comforting students and building relationships, your contributions are invaluable and schools depend on your vital work.

We've handpicked some resources for you addressing essential topics such as burnout, effective communication with line managers and managing financial worries.

So, why not take a moment for yourself? Grab a cup of tea, explore these resources and give yourself a well-deserved break.

## Resources

### Managing anxiety and worry

If you are feeling overwhelmed, anxious or worried the tips in this guide might be able to help.

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### Burnout and how to avoid it

Being a teaching assistant is rewarding. No two days are ever the same! But it's also exhausting, mentally and physically. Here are some practical steps you can take to avoid burnout.

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### Depression: spotting symptoms and what to do next

Here we cover some of the signs of depression and tips on what to do if you have or think you have depression.

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### Financial Support and Advice

Sometimes it can be difficult to get finances to add up! We have some top tips, tools and advice to support with managing your budget and to create a financial planner.

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### Talking to your line manager about stress

Are you able to talk to your line manager about your stress levels? If you're wondering where to start, read on. We unpack what you need to consider before having a discussion.

## Resources

### Self-Care — The Menopause: your stories

We talked to teaching staff about the challenges of dealing with symptoms of the menopause at work. Here are their stories and some ways to get support.

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### Managing Your Wellbeing: Time and all the other stuff!

One of the biggest challenges teaching assistants face is managing their time. Here are some tips to help you manage your time and reduce the impact of workload on your wellbeing.

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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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### Supporting schools' unsung heroes: teaching assistants and learning support assistants

This webinar is a must-watch for all teaching and learning support assistants, and other colleagues who want to learn more about supporting the wellbeing of TAs and LSAs in your school.



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