Education Support

Start your year well: toolkit for teachers and education staff in Wales

To start the term, we've handpicked a set of bilingual resources designed to help protect teacher mental health, and the wellbeing of all education staff in Wales.

Why not set aside time each week to focus on one? View the resources below for simple ways to stay well while managing your workload and share this resource with your colleagues.

School leaders, managers, and wellbeing leads in Wales can support themselves and their staff team throughout the year by registering for our free **Professional Supervision Service, Wellbeing Advisory Service,** and **Culture Development Service.**



Education Support

Free resources to support staff mental health in your school

For all staff:

7 ways to start your school year well

Avoid burnout with these 7 readily available, evidence-based strategies for teachers and education staff.



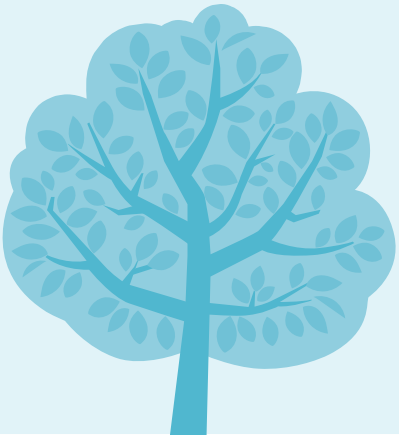
Setting boundaries: a guide for staff in schools

Without boundaries being open and available can quickly turn into being overwhelmed. Read our tips for school staff to keep clear boundaries.



The worry tree: an exercise for teachers and education staff

A practical exercise for teachers and education staff to help reflect on worries and gain perspective.



For leaders and managers:

3-2-1: Your staff wellbeing journey

This quick exercise for leaders and managers helps you reflect on where your school is on its staff wellbeing journey and generate ideas for staff wellbeing.



5 tips for active listening in schools: try BUILD

Active listening is an important skill for school leaders and managers to develop to help build relationships with their teams. Here are some key points to remember.



Helpline poster

Download our helpline poster for your staffroom. We're here 24/7. You don't need to wait for a crisis to call. Speak to a trained counsellor on: **08000 562 561.**

