

Stress Awareness Month - toolkit



We know the various demands of teaching and working in schools and colleges can be stressful. And whilst some stress can be positive when managed correctly, more needs to be done to ensure you have a long, happy and rewarding career — not one cut short by too much stress and burnout.

To help understand stress and how to cope with it, we've put together our top stress-busting resources below. Focus on a couple each week throughout Stress Awareness Month and see if they help you gain control on your stress levels, ready for the start of summer term.

Resources

[How to handle stress: teachers and education staff](#)

In 2024 78% of teachers and education staff described themselves as stressed. This guide offers some practical advice to help teachers and education staff handle stress.

[Breathing exercises for beating stress and creating calm](#)

Try our recommended breathing exercises to maintain your composure in times of stress, anger and frustration.

[Dealing with stress and trauma for staff in education settings](#)

These set of tips from our international panel of healthcare and education experts adapted for education staff to help all staff to better manage stress and distress and reduce the risk of burnout.

[Stress-busting tips: how to stay calm and in control](#)

In this webinar our fantastic panel of teachers and mental health experts explore how to handle your stress and protect your mental wellbeing.

[Talking to your manager about stress: for teachers and school staff](#)

Are you able to raise your stress levels with your line manager? If you're wondering where to start, read this article. We unpack what you need to consider before having 'the talk'.

Resources

Three strategies to manage stress: teachers and education staff

KS2 Leader Bethan Ware shares three different strategies that she uses to help manage her stress levels.

Stress risk assessment: an approach for schools

In this guide we explain how you can help to reduce the risk of stress to yourself and your colleagues, promote good mental health and create a happy and healthy school environment.

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 teachers and education staff to try this school year.

How to re-charge in 3 minutes or less

This reflective exercise can be used throughout the day to help create moments of pause.

Helpline

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



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