**A Quick**

**Guide to**

**Well-Being**

10 suggestions for looking after yourself

1. Remember that your to-do list will never, ever be complete. Learn to live and work better with it …
2. Say ‘hello’ and ‘how are you?’ to every single member of staff.
3. Eat; take time out to eat. Working in schools, you need fuel.
4. Go home early. That means once a week when the bell rings.

1. It’s important to unwind with staff.
2. Turn off the work emails from personal devices. The more you respond out of hours, the more it will become expected.
3. At work, where possible, leave the emails alone and go and see the person instead.
4. Get off your chair and out of your classroom and go find the bright spots!
5. Use at least one evening per week to be with your family/friends. Do you need to stay at school every night until 6pm?
6. Visit the staff room. Take time out to have a laugh with colleagues. Get to know them better.