

Staff Toolkit for #SelfCareSummer

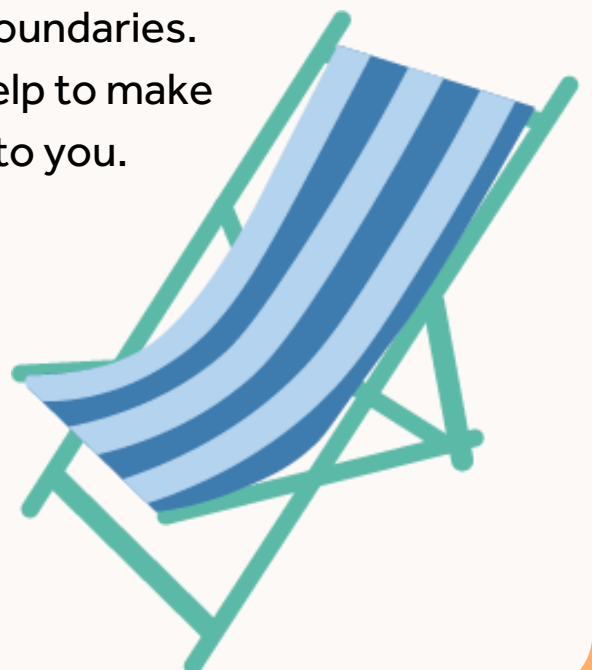
Being an education professional can be immensely rewarding but also physically and emotionally draining. School and college staff often juggle multiple tasks and demands, prioritising the wellbeing of others over their own mental health.

In this toolkit, we are sharing a number of resources and tips to support staff to have a summer holiday full of self-care.

Each person has their own way of looking after their wellbeing. Although self-care can look different for everyone, the following steps may be a useful guide:

1 *Knowing personal limits*
Having the ability to say 'no' when necessary, helps to have more of a balance in life. This summer may provide an opportunity to re-establish personal limits and boundaries. Saying 'no' to certain things can help to make space for what is most important to you.

2 *Supportive relationships*
The summer holiday is a time to spend with the people who make you feel good. It can also be a chance to increase your support network or speak with a professional.



3

Talking

There are times when challenging situations affect us emotionally. It may be helpful to reflect on the highs and lows of the past academic year with a friend, family member or professional. Talking with a trusted person can help to process difficult experiences.

4

Accepting change

Recent global events have shown us that even with the best plans, sometimes unexpected events or situations occur. Our ability to accept change and adapt can help us to manage any potential feelings of stress and cope better overall.

5

Self-compassion

If you take some time to stop and reflect on the thoughts in your head, are they more positive or critical? Noticing the content of your inner voice can be a step towards creating a different relationship with your thoughts and developing more self-compassion.

6

Rest

Allowing yourself time to rest is important for both physical and mental health. The pace and demands of life can make it difficult to prioritise relaxation. If you are able to, schedule opportunities for rest and recovery into your summer plans.



Resources

Ten ways to support school staff wellbeing - Anna Freud Centre

A report, booklet and poster looking at how to best support staff wellbeing in schools. It focuses on self-care and support, balancing workloads, and provides advice on how to measure and monitor wellbeing in schools.

[Go to resource](#)

Rethinking Rest Guide - Mental Health Foundation

The Mental Health Foundation have designed the Rethinking Rest Guide to be used by staff within education supporting children and young people.

[Go to resource](#)

Early years staff wellbeing: a resource for managers and teams - Anna Freud Centre

This collection of resources shows that staff wellbeing needs to lie at the heart of nursery settings, identifying four key areas that could make a difference to the wellbeing of nursery and preschool staff.

[Go to resource](#)

A guide to meditation for teachers and education staff - Education Support

Education Support have created a guide for teachers outlining the scientific benefits of meditation, as well as providing a few different types to consider trying.

[Go to resource](#)

Prioritising self-care in practice - Harvard Graduate School of Education

A podcast by Harvard EdCast discussing the importance of educator self-care and ideas on how educators can incorporate it in their professional lives.

[Go to resource](#)

Every Mind Matters self-help tool – Public Health England

This free tool, approved by the NHS, offers customised self-help suggestions following a brief quiz about your emotions and experiences.

[Go to resource](#)

Mental wellbeing audio guides – NHS

A series of audio guides sharing self-care techniques and advice for issues including low mood, anxiety and sleep problems.

[Go to resource](#)

Helpline for teachers and educational staff - Education Support

Education Support provide an immediate, confidential emotional support helpline with a qualified counsellor.

[Go to resource](#)

If you are taking up any new strategies to support your mental health or engaging in activities that already help, we would love to hear from you on social media using the hashtag **#SelfCareSummer**



Anna Freud
National Centre for
Children and Families