

# Rest, reflect, reset: summer wellbeing toolkit



This summer, we're encouraging teachers and education staff to take the time to rest, reset and reconnect with life beyond the classroom.

After a demanding year, switching off from work can be easier said than done but it's a vital part of protecting your wellbeing and recharging for the year ahead.

To support you, we've gathered a selection of resources designed to help you unwind over the break and look after yourself.

These tips can help you step back, slow down and make space for recovery.

## Resources

### Wellbeing Advisory Service

Sign up for our funded Wellbeing Advisory Service before summer! Get practical tools and expert guidance to support staff mental health next year.

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### End of year reflective exercise

This reflective exercise can help you reconnect with the joy of working in education, by allowing you to recognise your accomplishments and the impact of your work.

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### Setting boundaries: a guide for staff in schools

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

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### Technology and teaching: top tips for boundary setting

After-school communication expectations can cause anxiety and rob you of your down-time. One of the most effective ways to navigate this is to set clear boundaries and expectations from the get-go.

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### Look after your wellbeing this summer

Teachers and education staff need the summer holidays to unwind, relax and recharge. Our Director of Programmes, Faye McGuinness, outlines some simple ways to look after your wellbeing during the break.

## Resources

### Switching off over summer: how to rest and recharge

This webinar offers practical tips to help you enjoy your summer, and feel ready and raring for a new school year!

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### 7 different types of rest

Researcher and author Dr Sandra Daulton-Smith believes there are 7 different types of rest, which all serve a unique purpose.

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### Helpline

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



### Signup to our newsletter

Get updates about  
our funded Staff  
Wellbeing Service in  
Wales.