

Stress less and beat **burnout**: a toolkit for school staff in Wales

Our latest Teacher Wellbeing Index reflects a reality many teachers and education staff in Wales will recognise. This year's report found that:

75% of teachers and education staff in Wales reported feeling stressed

45% said the culture of their organisation is having a negative impact on their mental health

35% have actively sought to change or leave their current job and have considered leaving the education sector due to pressures on their health and wellbeing

Retaining well staff is essential for pupils to thrive. For Stress Awareness Month, we have created this toolkit to share with schools across Wales.

It brings together free, practical resources to help reduce stress, prevent burnout, and support the wellbeing of all teachers, school leaders, and education staff.



To view a resource in Welsh, click on it, then select 'CY' at the top of the webpage.

For school leaders, managers and wellbeing leads:

Stress risk assessment: an approach for schools

In this guide we explain how you can help to reduce the risk of stress to staff and create a healthy school environment.

[Learn more](#)



Free tailored support for your school

Funded by the Welsh Government, the **Wellbeing Advisory Service** provides free, tailored support from a Staff Wellbeing Advisor, to help you build cultures that prioritise staff wellbeing.

[Learn more and sign up](#)



Free professional development

Professional Supervision is provided at no cost to you or your school and offers a dedicated space to reflect, work through challenges, and receive professional support that will benefit your whole school community.

[Learn more and sign up](#)



Helpline poster for your school

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

[Download poster \(Welsh and English\)](#)

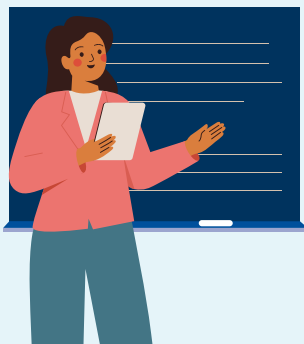


For teachers and education staff:

Three strategies to manage stress

Welsh KS2 Leader Bethan Ware shares what she does to help manage her stress levels.

[Learn more](#)



Complete your stress cycle: 7 ways to feel good this school year

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

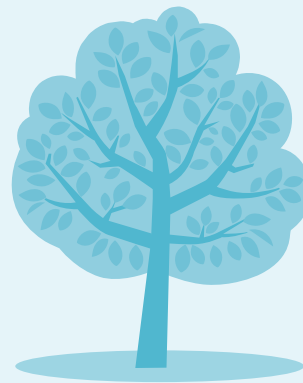
[Learn more](#)



The worry tree

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

[Download tool](#)



How to re-charge in three minutes or less

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

[Download tool](#)



Sign up to our bilingual newsletter!

For more free resources and support [sign up](#) to the Staff Wellbeing Service newsletter.