

# Top tips to avoid burnout



1

## Be aware of your emotions, stress levels and mental health

Make time to 'check in' with yourself. Strategies such as mindfulness, meditation and journaling can help.



2

## Take charge of your wellbeing

If you are to look after your students, you have to spend time refuelling and looking after your health and wellbeing too.



3

## Accept that sometimes you just have to say no

It is okay to say you can't do something, whether it's due to lack of time, workload or the limited impact it will have on student outcomes.



4

## Take mental health days

Take the time to relax and recover when you need to.



5

## Get support when you need it

Speak to colleagues, friends or family or call our free and confidential helpline. We're here open 24/7 and staffed by qualified counsellors. Call us. We'll listen.