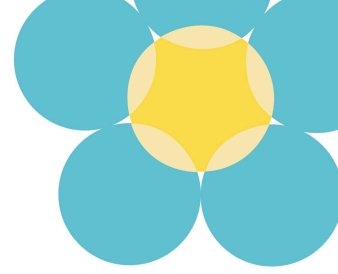


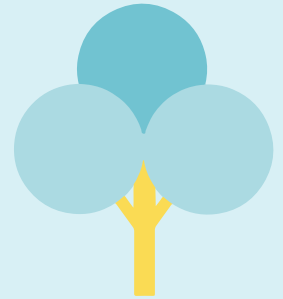
Self-care summer

Top tips for education staff



Prioritise rest

- 1. Replenish yourself**
Pick a mix of things that make you feel relaxed and recharged.
- 2. Make a wellbeing action plan**
Plan what you are going to do to look after your wellbeing during the summer, and try your hardest to stick to it.
- 3. Do things that make you feel like 'you'**
Engaging in our passions and making time for loved ones can energise us and help prevent burnout.



Reviewing boundaries

- 1. Set time during the holidays when you will work and when you won't**
Remember though - the priority is to carve out time when you can completely switch off from the job.
- 2. Use automated responses**
Send automated responses to parents and colleagues when you're not available or to remind them of your office hours.
- 3. Remove email apps from your phone**
This is a great way to ensure that you don't feel the excessive pressure to respond to every message immediately.



Build healthy habits for the academic year

- 1. What are your wellbeing non-negotiables?**
Consider what they are and make a note of them. These actions should keep you balanced and help you feel good.
- 2. Start your day well**
Find something that you can easily do each morning that helps you get in the right mindset for the rest of your day.
- 3. Do a weekly wellbeing check-up**
Ask yourself how you're feeling mentally and physically. We're all human and our emotions are valid.



educationsupport.org.uk/selfcaresummer