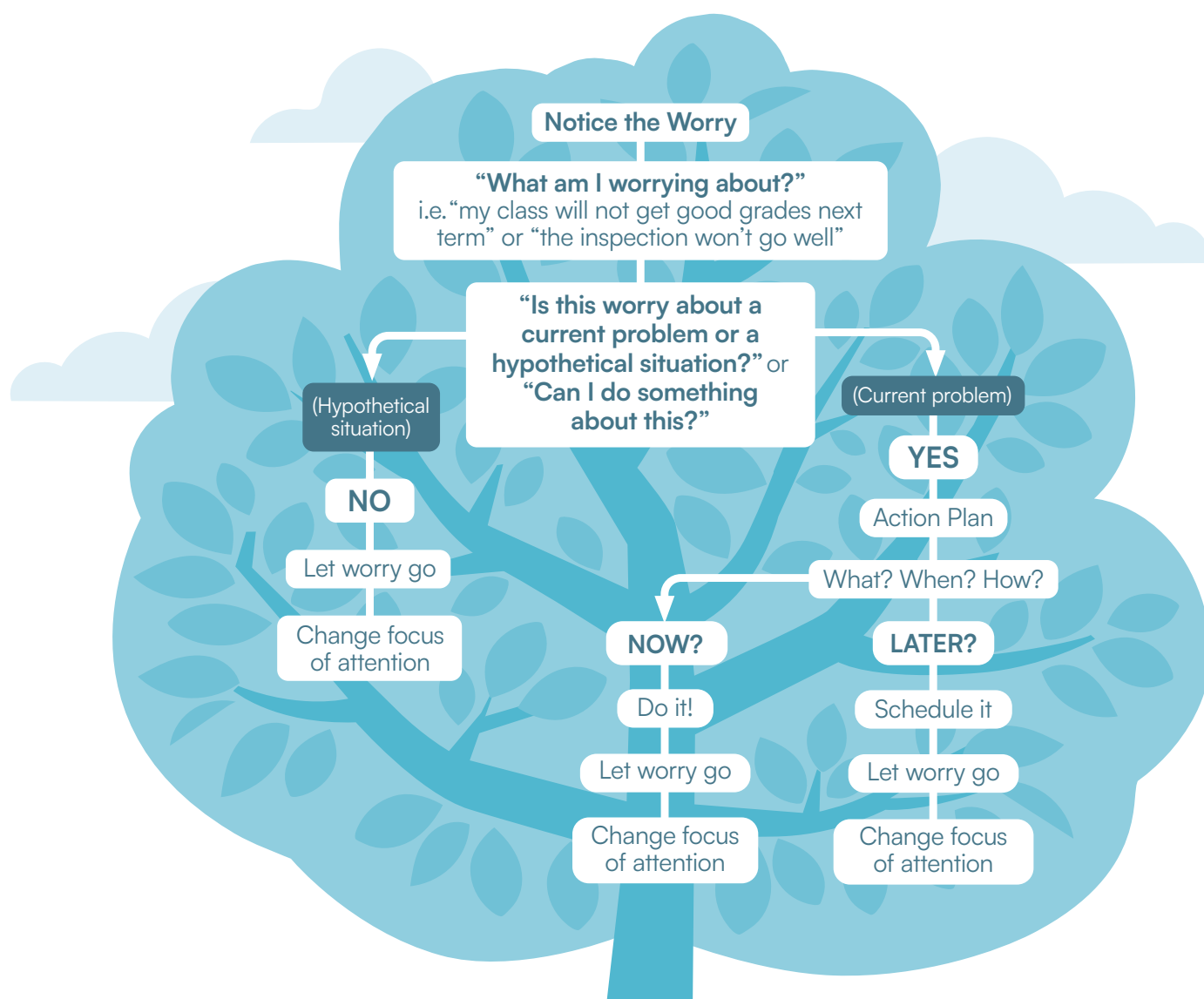


As teachers and education staff, it's not unreasonable to feel worried or anxious sometimes given the pressures involved in your role, but it's important to find a balance to ensure you're not spending too much time trapped in a cycle of worry or anxiety.

Come back to this quick exercise during term time or during the holidays to proactively shift the focus of your attention and look for the balance. This exercise is not about dismissing or brushing anything aside, but more about giving you greater perspective.

If you're having trouble switching off from work or falling asleep, you may want to try doing this exercise by writing your worries down. Once you've written down your worries, try going through your list and crossing out any hypothetical worries by using these questions as a guide.

The Worry Tree: an exercise to help educators reflect on worries and gain perspective



Another tool to help you gain a wider perspective on how you are thinking and feeling is the **Wheel of Life**. You can **download** an editable version in English and Welsh from the Education Support website.

Source: [The Worry Tree](#), Anxiety and the NHS

Remember, you are never alone with your worries or anxiety. Teachers and education staff can call our helpline 24/7, including school holidays and weekends. You will speak to a counsellor who understands the education sector and what you're going through. Call us. We'll listen: 08000 562 561