

Essential tools to support the wellbeing of supply staff in Wales

This resource has been designed by Education Support for school supply staff like you, who play a crucial role in the Welsh education system. We know there can be many benefits to being a member of supply staff — from flexible working, reduced marking and more variety throughout your week. We also recognise you may face unique challenges in your daily work, ranging from feeling isolated to navigating diverse teaching approaches or stressful situations.



This list of practical tools and guides provides you with a range of readily available strategies, empowering you to thrive in your role and create a positive impact in the lives of students, while maintaining your own wellbeing.

1.

Building collegiate relationships in schools: You are likely to encounter a diverse range of teaching styles and interact with various staff from week to week in your role. This guide provides you with tools to help build quality connections that make work better.

[English guide](#)

[Welsh guide](#)



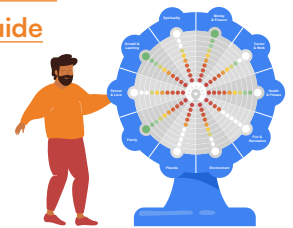
2.

Creating a wheel of life:

Maintaining a healthy work-life balance is crucial for your overall wellbeing. This easy-to-use tool gives you a snapshot of which elements of your life are most satisfying, and the areas where more attention might be needed to help you feel as good as possible.

[English guide](#)

[Welsh guide](#)



3.

Loneliness guide: We understand that as supply staff, it's common to sometimes feel like you're not part of a team or experience a sense of loneliness. This guide offers practical tips, techniques, and tricks to help you overcome these feelings and develop a sense of belonging.

[English guide](#)

[Welsh guide](#)



4.

Circle of control, influence and concern: Acknowledging what you can control and recognising the many things that are beyond your influence as supply staff is vital for maintaining a healthy mindset. This tool helps you identify the aspects of your work that fall within your circle of control and accept those that lie outside it.

[English guide](#)

[Welsh guide](#)



5.

Setting boundaries and reducing stress:

To be the best for your students, you need to be the best you. That won't happen without setting boundaries and finding a healthy balance between professional performance and taking care of yourself, to avoid stress and burnout. Read our guide for practical tips and advice.

[English guide](#)

[Welsh guide](#)



Funded peer support

Peer support takes you on a journey and provides a community of other supply staff where you can explore what's important to you. Your sessions will be run by a professional facilitator, who is a trained coach with experience of working within the education sector. Peer support is funded by Welsh government, at no cost to you.

Benefits of participating in these funded sessions includes the chance to build connections with other school supply staff in Wales, share concerns, reflect, and joint problem solve together to improve wellbeing and process thoughts and emotions. Spaces are limited, so sign-up now via our website: www.educationsupport.org.uk/peer-support.

Free, 24/7, confidential helpline

You can speak to a qualified counsellor at Education Support, 24/7. Call us on **08000 856 146** day or night and we'll listen.

About Education Support

Education Support has been supporting the wellbeing of the education workforce for over 145 years. We have a unique combination of expertise in education and mental health. This gives us a fresh perspective that's entirely focused on your needs, and informed by the real challenges in Welsh schools.

If you have a questions about any of our services for school staff in Wales, please get in touch: staffwellbeing@edsupport.org.uk