



Essential resources to support the wellbeing of school staff in Wales

This resource has been designed by Education Support for school staff just like you, who play a crucial role in the Welsh education system. It contains practical guides and tools featuring 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.

Make sure you sign up to the [Staff Wellbeing Service in Wales](#) for expert support at no cost to you and your school. This service includes funded [Professional Supervision for school leaders and managers](#), and a [Wellbeing Advisory Service](#) that offers practical support, tailored advice, and access to high quality resources and tools.



Support your colleagues' mental health and wellbeing - **share this resource in an email or send them [this link!](#)**

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Find out about our [Culture Development Service](#) [here!](#)

1.

Circle of control

Acknowledging what you can control and recognising the many things that are beyond your influence as school 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.



2.

Building collegiate relationships in schools

Throughout your career you are likely to encounter a diverse range of colleagues and students. This guide provides you with tools to help build quality connections that make work better.



3.

Three strategies for managing stress:

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



4.

Setting boundaries: a guide for school staff

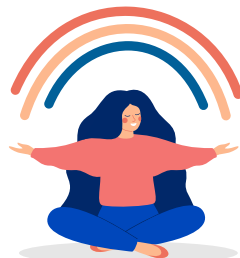
To be the best for your students, you need to be the best you. That won't happen without setting boundaries and finding a healthy balance between professional performance and taking care of yourself, to avoid stress and burnout. Read our guide for practical tips and advice.



5.

The building blocks to good mental wellbeing

Find out how you can create healthy habits and a lifestyle that supports your mental wellbeing through a few simple steps taken at your own pace.



6.

Bringing wellbeing into the everyday

School leaders and managers - have you normalised conversations about mental health and wellbeing? Read our top tips to help bring these conversations into the everyday.



7.

Reducing mental health stigma in schools

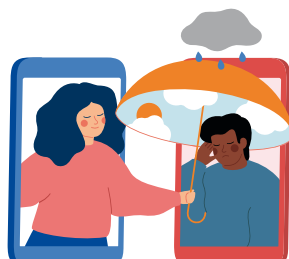
Download our guide with ideas, tips and approaches for tackling stigma in your school.



8.

Helpline poster

All education staff can call Education Support's free, 24/7, confidential helpline. You can speak to a qualified counsellor day or night. Put these posters up around your school to support staff wellbeing.



About Education Support

Education Support has been supporting the wellbeing of the education workforce for over 145 years. They have a unique combination of expertise in education and mental health. This gives them 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 their services for school staff in Wales, please get in touch: staffwellbeingservice@edsupport.org.uk.



Adnoddau hanfodol i gefnogi **llesiant** staff ysgol yng Nghymru

Dyluniwyd yr adnodd hwn gan Education Support i staff ysgol fel chi, sy'n chwarae rôl hanfodol o fewn system addysg Cymru. Mae'n cynnwys canllawiau ymarferol ac offer yn y Gymraeg a'r Saesneg, gydag ystod o strategaethau sydd ar gael yn rhwydd, gan roi'r grym i chi ffynnu yn eich rôl a chreu effaith gadarnhaol ym mywydau ein myfyrwyr, wrth gynnal eich llesiant eich hun.

Cofiwch gofrestru i [Wasanaeth Llesiant Staff yng Nghymru](#) am gymorth arbenigol am ddim i chi a'ch ysgol. Mae'r gwasanaeth hwn yn cynnwys [Goruchwyliaeth Broffesiynol](#) wedi'i hariannu ar gyfer arweinwyr a rheolwyr ysgol a Gwasanaeth Cynghori ar Lesiant sy'n cynnig cymorth ymarferol, cyngor wedi'i deilwra, a mynediad at adnoddau ac offer o ansawdd uchel.



Cefnogwch
iechyd meddwl a
llesiant eich cydweithwyr
- **rhanwch yr adnodd
hwn trwy e-bost neu trwy
anfon y ddolen hon atynt!**

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Dysgwch fwy am ein
**Gwasanaeth Datblygu
Diwylliant yma!**



1.

Cylch Rheolaeth

Mae cydnabod yr hyn y gallwch ei reoli a chydabod y pethau niferus sydd y tu hwnt i'ch dylanwad fel staff ysgol yn hanfodol ar gyfer cynnal ffordd o feddwl iach. Mae'r offeryn hwn yn eich helpu chi i adnabod agweddau ar eich gwaith sy'n disgyn o fewn eich cylch rheolaeth a derbyn y rheini sydd y tu hwnt iddo.



2.

Meithrin perthnasoedd colegol mewn ysgolion

Trwy gydol eich gyrfa rydych chi'n debygol o ddod ar draws ystod amrywiol o gydweithwyr a myfyrwyr. Mae'r canllawiau hyn yn rhoi offer i'ch helpu chi i feithrin cysylltiadau o ansawdd sy'n golygu bod gwaith yn well.



3.

Tair strategaeth i reoli straen

Mae Arweinydd CA2 Bethan Ware yn rhannu'r hyn y mae'n ei wneud i helpu i reoli ei lefelau straen.



4.

Gosod ffiniau: canllaw i staff mewn ysgolion

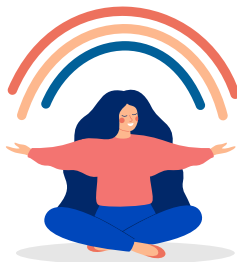
I fod ar y gorau i'ch myfyrwyr, mae angen i chi fod ar eich gorau i chi. Ni fydd hynny'n digwydd heb osod ffiniau a chanfod cydbwysedd iach rhwng perfformiad proffesiynol a gofalu am eich hun, osgoi straen a chael eich llethu. Darllenwch ein canllawiau am gyngor ac awgrymiadau ymarferol.



5.

Blociau adeiladu lesiant meddyliol da

Dysgwch sut y gallwch greu arferion iach a ffordd o fyw sy'n cefnogi'ch llesiant meddyliol trwy ychydig o gamau syml ar eich cyflymdra eich hun.



6.

Dod â llesiant i mewn i fywyd bob dydd

Arweinwyr a rheolwyr ysgol - a ydych chi wedi normaleiddio sgysrsiau am iechyd meddwl a llesiant? Darllenwch ein hawgrymiadau da i helpu i ddwyn y sgysrsiau hyn i fywyd bob dydd.



7.

Lleihau stigma iechyd meddwl mewn ysgolion

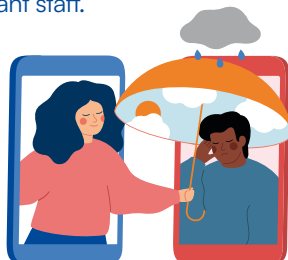
Lawrlwythwch ein canllaw gyda syniadau, awgrymiadau a dulliau ar gyfer mynd i'r afael â stigma yn eich ysgol.



8.

Poster llinell gymorth

Gall holl staff addysg ffonio llinell gymorth gyfrinachol Education Support am ddim, 24/7. Gallwch siarad â chwmselydd cymwys ddydd neu nos. Codwch y poster hwn o amgylch eich ysgol i gefnogi llesiant staff.



Ynglŷn ag Education Support

Mae Education Support wedi bod yn cefnogi llesiant y gweithlu addysg am dros 145 o flynyddoedd. Mae ganddynt gyfuniad unigryw o arbenigedd o fewn addysg ac iechyd meddwl. Dyry hyn safbwynt o'r newydd sy'n canolbwyntio'n llwyr ar eich anghenion, ac wedi'u hysbysu gan heriau go iawn o fewn ysgolion Cymru. Os oes gennych gwestiynau am unrhyw rai o'u gwasanaethau ar gyfer staff ysgol yng Nghymru, cysylltwch â ni: staffwellbeing@education-support.org.uk.