

Coping with the news: tips for teachers and education staff



1 Manage your exposure

Put protective steps in place to manage your exposure to the news and social media.



2 Talk things over

Make space for your pupils, colleagues, family and friends to talk over worries together.



3 Do something practical

Think about whether you or your class are able to make a difference by donating, fundraising or volunteering.



4 Give yourself permission

It's ok to prioritise time for activities you enjoy — especially during times of stress.



5 Practice kindness

Encourage kindness and compassion. It can be an antidote to troubling images of war. Talk about this in the classroom.



6 Seek support

Anyone working in education can call our free and confidential helpline on **08000 562 561**. Call us, we'll listen.