

Stress toolkit: teachers and education staff



We know the various demands of teaching and working in schools and colleges can be stressful. And whilst some stress can be positive when managed correctly, more needs to be done to ensure you have a long, happy and rewarding career — not one cut short by too much stress and burnout.

To help understand stress and how to cope with it, we've put together our top stress-busting resources below. Focus on a couple and see if they help you gain control on your stress levels, ready for the start of summer term.

Resources

[Managing teacher stress: practical tips and guidance](#)

In 2025 76% education staff described themselves as stressed. Explore these practical strategies to help you manage stress, build resilience and protect your wellbeing.

[5 ways to regulate your nervous system](#)

Support your team and help reduce the impact of stress by sharing these simple, effective ways to regulate the nervous system.

[Dealing with stress and trauma for staff in education settings](#)

These set of tips from our international panel of healthcare and education experts adapted for education staff to help all staff to better manage stress and distress and reduce the risk of burnout.

[Stress-busting tips: how to stay calm and in control](#)

In this webinar our fantastic panel of teachers and mental health experts explore how to handle your stress and protect your mental wellbeing.

[Talking to your manager about stress: for teachers and school staff](#)

Are you able to raise your stress levels with your line manager? If you're wondering where to start, read this article. We unpack what you need to consider before having 'the talk'.

Resources

Breathing exercises for beating stress and creating calm

Try our recommended breathing exercises to maintain your composure in times of stress, anger and frustration.

7 ways to feel good: complete your stress cycle

Avoid burnout and manage stress with these seven evidence-based, readily available strategies for teachers and education staff.

Stress risk assessment: an approach for schools

In this guide we explain how you can help to reduce the risk of stress to yourself and your colleagues, promote good mental health and create a happy and healthy school environment.

Navigating change and uncertainty in education settings: 6 tips for school staff

Navigating redundancy, curriculum, budget, or other changes? Often, change or a stressful situation can happen without prior notice. Even when you are aware a change is coming, it can feel difficult to prepare mentally. Get practical strategies for you and your team.

Window of tolerance exercise

This is a practical tool to help teachers and education staff understand emotional regulation, beat stress and burnout, build resilience, and support wellbeing in education settings.

Helpline

Our helpline counsellors offer immediate emotional, confidential support to teachers and education staff. Download our helpline poster for your staffroom.



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