

# Top tips for leaders for coping with guilt



Coping with guilt requires self-reflection, a growth mindset, and a commitment to continuous improvement. Consider the following:

- 1 Recognise your impact** Remind yourself of the positive impact you have made as a school leader.
- 2 Connect with others** Develop networks who you can talk over issues with as well as talking to your governing body.
- 3 Reflect and acknowledge the guilt** Take the time to reflect on the source of guilt and acknowledge your feelings.
- 4 Seek perspective** Consider the situation from a broader perspective. Recognise that everyone makes mistakes and that teaching is a complex and challenging profession.
- 5 Practice self-compassion** Treat yourself with kindness and understanding.
- 6 Seek support** Reach out to trusted colleagues or friends to share your feelings and gain perspective. Our helpline offers free emotional support 24/7. Call 08000 562 561.
- 7 Take responsibility and make amends** If your guilt stems from a specific action or incident, take responsibility for your part and, if appropriate, take steps to rectify the situation.
- 8 Engage in self-care activities** Do things that promote your physical, emotional, and mental wellbeing.