How to handle stress

Practical advice for teachers and education staff.

1. Know your priorities
2. Be aware of what stresses you out
3. Forgive yourself: don’t dwell on past mistakes
4. Don’t bottle up anger and frustrations
5. Set aside time for recreation and exercise
6. Take your time
7. Practice gratitude
8. Cut down on drinking, smoking, sedatives and stimulants

Helpline: 08000 562 561  
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