Do Now

"The teacher is the best resource in the classroom so you must protect yourself."

Consider:

- Do you currently prioritise your wellbeing?
- What do you currently do to maintain wellbeing?
- When pushed for time, how do your priorities change?



Managing your wellbeing

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Seminar objectives P.6



By the end of this seminar, you will:

- be able to identify signs of stress
- understand the importance of recovery
- know some time management strategies
- understand the importance of sleep

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Related ITTECF statements

Learn that…	Learn how to…
Professional behaviours (Standard 8 – Fulfil wider professional responsibilities)	
	8r Protecting time for rest and recovery and being aware of the sources of support available to support good mental wellbeing.
	8p Observing how expert colleagues use and personalise systems and routines to support efficient time and task management and deconstructing this approach.

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Reflection: Where are we now?



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Recognising signs of stress



Physical symptoms

- headaches or dizziness
- muscle tension or pain
- stomach problems
- chest pain or faster heartbeat
- sexual problems

Mental symptoms

- difficulty concentrating
- struggling to make decisions
- feeling overwhelmed
- constantly worrying
- being forgetful

Behavioural symptoms

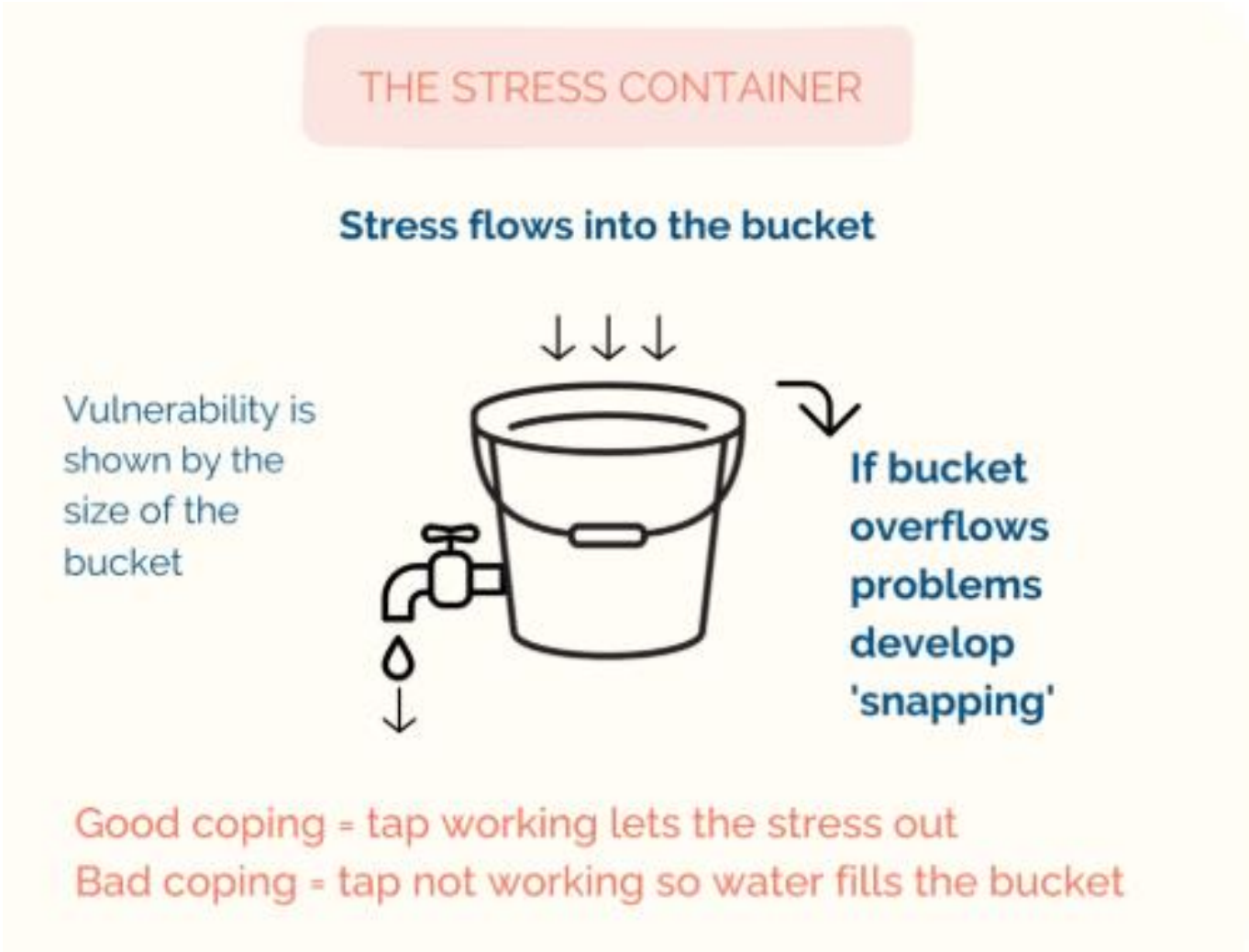
- being irritable and snappy
- sleeping too much or too little
- eating too much or too little
- avoiding places or people
- drinking or smoking more

Reflect:
Have you felt any of these before? How did it impact you?

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The Stress Container



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Recovery



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Planning for recovery



- **Exercise** e.g. running, swimming, playing sport
- **Relaxation** e.g. yoga, mindfulness, meditation
- **Getting out and about** e.g. going for a walk in nature
- **Socialising** e.g. cuppa with a colleague
- **Other** e.g. creative activities, listening to music

Discuss:
What do you foresee as triggers of stress day to day?

How might they show up?

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Let's look at some strategies



- Time Management and Pomodoro
- Workload and Efficiency
- Positive reframe
- Sleep
- Sources of support

Discuss:

Are there any areas that you think will be a strength of yours?

Are there any that you might want to focus on?

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Time management



Three key questions:

Which three things **must** you do today?

Which three things **should** you do today?

Which three things **could** you do today?

Other considerations:

When?
Night before or morning of

Where?
Notebook, diary or calendar

Record:
Think ahead to tomorrow and answer the three key questions.

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Managing your workload



- Build rapport with pupils.
- Establish classroom routines.
- Share planning.
- Use efficient marking and feedback methods.
- Use daily checklists.

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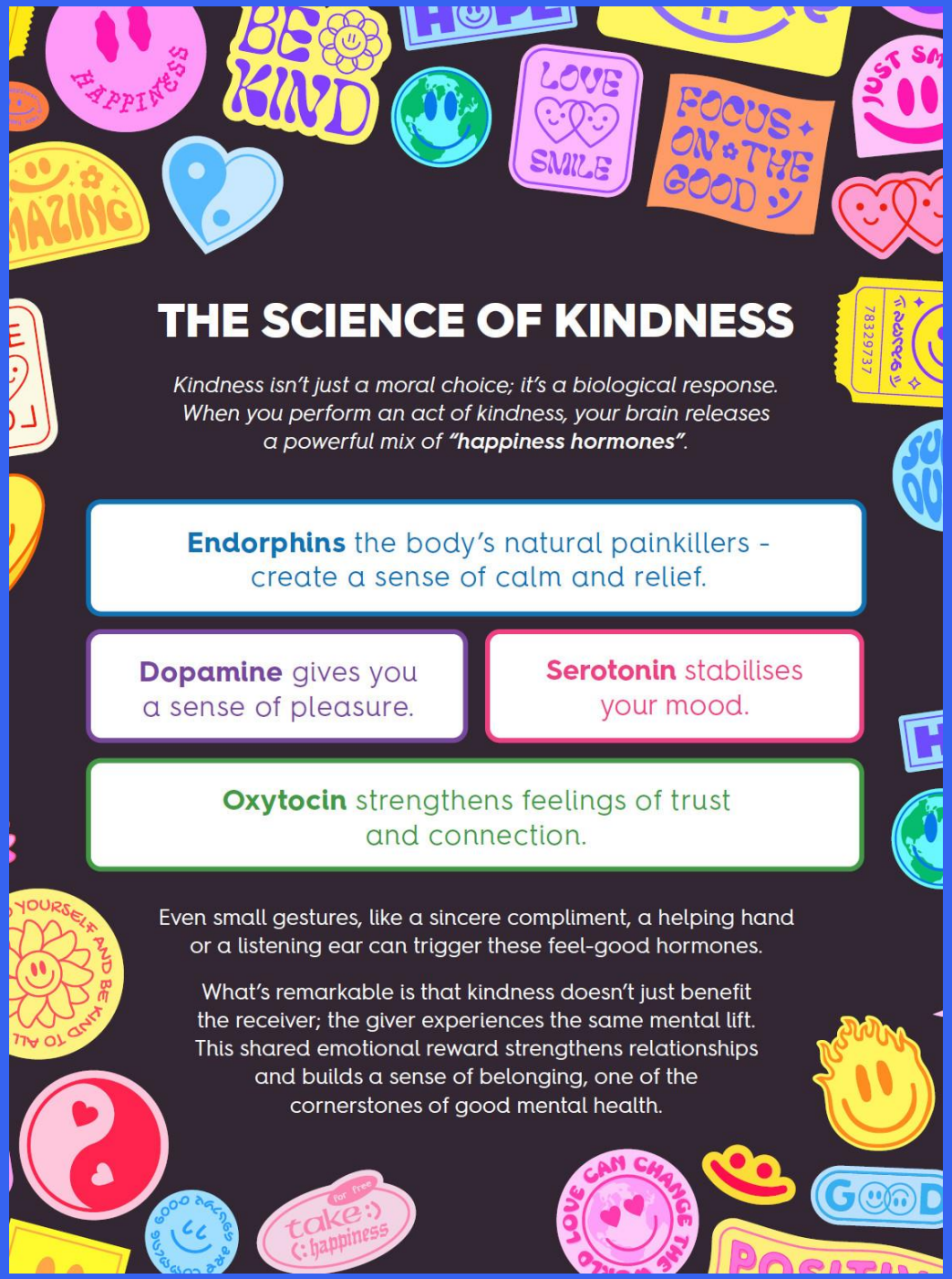
Don't forget the JOY!







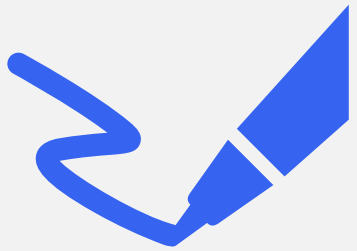
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Kindness
CHANGES EVERYTHING

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Pomodoro technique

Identify task	Set timer – 25 mins	Work	5-minute break	Every set of 4: 30 min break
				

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Taking sleep seriously

“Sleep is not a lifestyle choice; it is a necessity.”

(Mental Health Foundation, 2010)

- **Physical and mental health**
- **Enable learning**
- **Recover from illness**
- **Consolidate memory**
- **Cope with stress**
- **Solve problems**

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Improving sleep



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Improving your sleep



Regularity: go to bed at the same time and wake at the same time.

Keep it cool: aim for about 18 degrees Celsius.

Keep it dark: ensure your bedroom is dark and dim the lights and avoid screens 1 hour before bed.

Walk it out: don't stay in bed awake for longer than 25 minutes.

Monitor alcohol and caffeine intake.

Wind down routine: give your brain time to wind down.

Consider:

- What are your current sleeping habits like?
- Do you consistently get high-quality sleep?
- How could you improve your sleep?

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TAKE THE THOUGHT TO COURT

In a court room, there is:

The accused = thought

Lawyers for the defence = evidence for thought

Lawyers for the prosecution = evidence against thought

The Judge or Jury = makes decision and comes to balanced viewpoint

STOP APPROACH

S	T	O	P
Stop and just pause for a moment	Take a breath	Observe thoughts and feelings	Pull back, put in some perspective

THEN, THINK:

T: Is the thought true?

H: Is the thought helpful?

I: Is the thought important?

N: Is the thought necessary?

K: Is the thought kind?

Catch it, check it, change it

Challenging and learning to replace these thoughts is one of the best ways to help us deal with stress and anxiety and boost our mood

Remember: you can also use the finding alternative thoughts prompt sheet to come up with an alternative/balanced thought.

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Reflect

- Time Management and Pomodoro
- Workload and Efficiency
- Positive reframe
- Sleep
- Sources of support



Discuss:

Are there any areas that you think will be a strength of yours?

Are there any that you might want to focus on?

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Sources of support



Your mentor and Lead Mentor

A member of your senior leadership team

Mental Health First Aiders – Kirsty and Lisa

Education support helpline – 08000 562 561

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Note Key Takeaways P.6

Managing your wellbeing

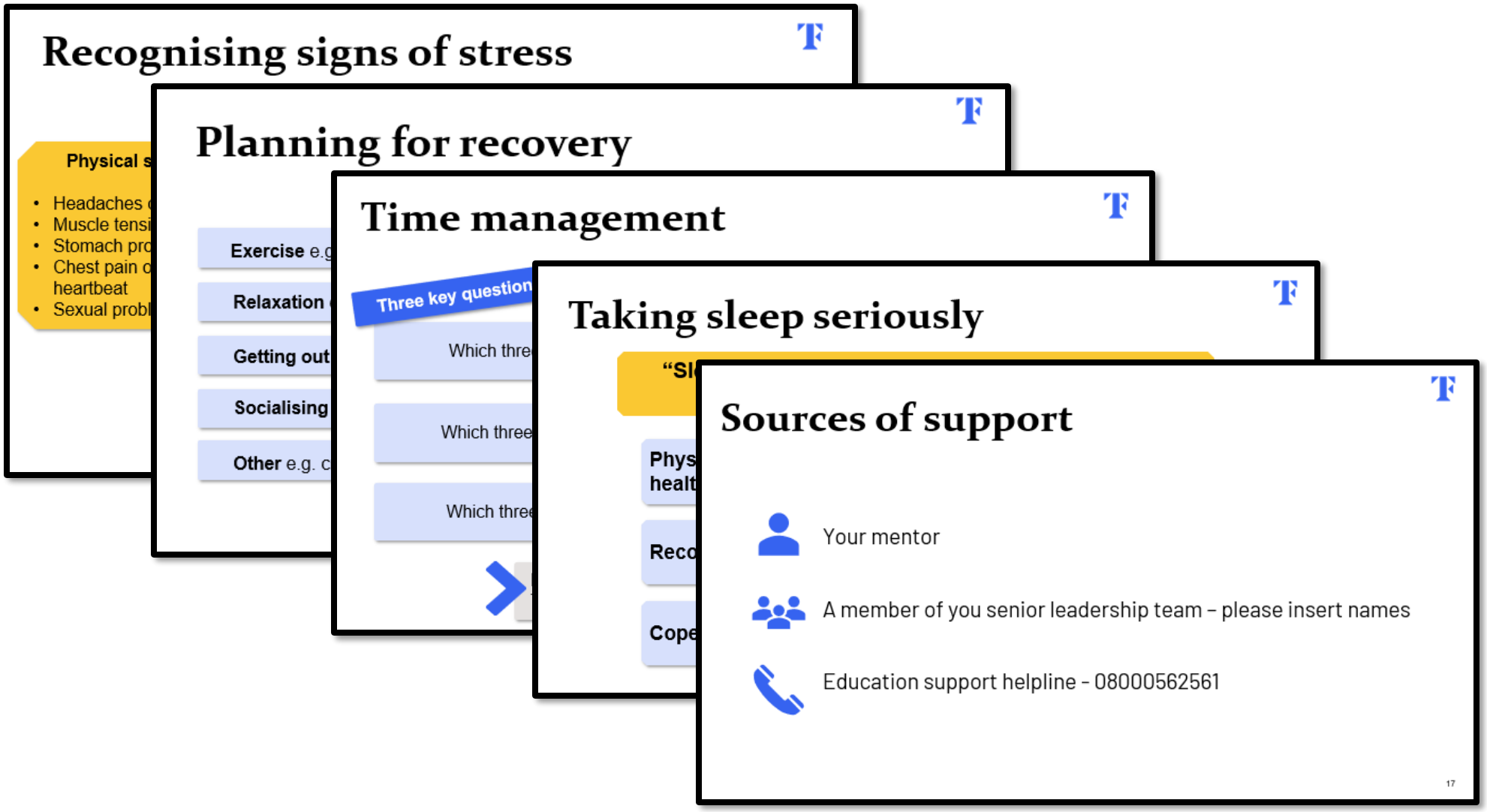
In the session, you'll

- Understand the importance of wellbeing and recovery including recognising signs of stress and the role of sleep in maintaining wellbeing
- Develop strategies to support personal wellbeing, including effective time management and recovery techniques

Key Takeaways:

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Summary



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Next steps

4 minutes

1. Look at your timetable and insert:
   - time for daily recovery
   - time for creating a daily checklist. Where will you record this list?
2. Write down three good sleeping habits you can establish.




Rewrite the future

Thank you.

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