

Wise words on teacher wellbeing

The 2016 *Teacher* reader survey includes the question:

"Looking back on your experience as an educator, if you could share a piece of advice with your peers, what would it be?"



Here are some of the responses on the topic of wellbeing.

"Look after both mind and body. If you wear out you can't give 100% - which teachers have a habit of doing."



"Take advantage of all the resources around you, don't reinvent the wheel and always say when you're not doing too great."

"Try and laugh each and every day."



Work life balance:
"Work out a timetable and stick to it. Schedule at least one day a week where you don't do any work."



"Get a senior mentor to lean on!"



Maintain your personal health. ... Lose the urgency in life and pass a calmness on to the students and people you work with.

"While you are teaching you must try to make it as rewarding and fun [for you] as you wish to make it for the students."



"Help each other out as much as possible. Teaching is way too difficult to be precious about the content you have developed."