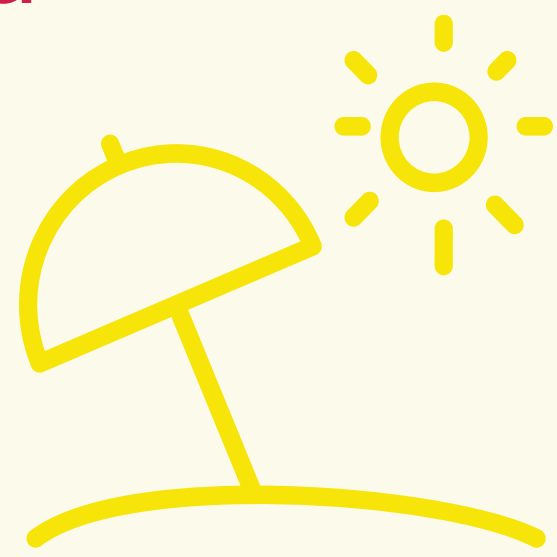


More wise words on teacher wellbeing

In our annual survey, we asked readers: '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 more of the responses we received on the topic of wellbeing.

'If you are unsure about anything, always ask a colleague. It is helpful to share ideas and concerns.'

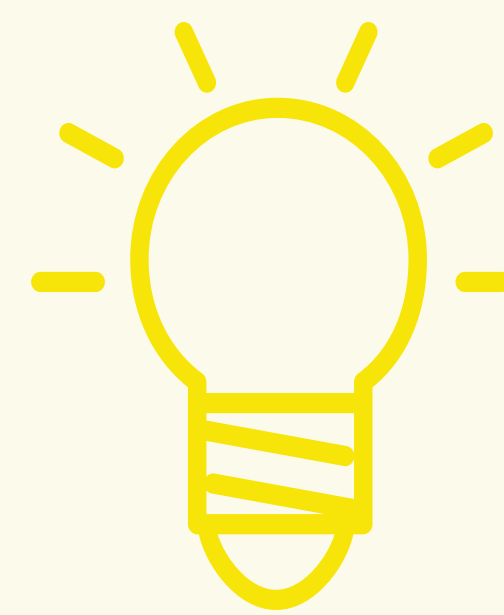


'Enjoy your time in the classroom but remember you have a life beyond the classroom.'

'Have a daily moment of reflection to make sure you still enjoy the job - if not find out why, because if it isn't fun working with children you will not be able to engage them.'

'Give yourself permission to switch off.'

'Let go of the guilt, by prioritising your wellbeing you are ensuring you will be a better practitioner.'



'Don't feel that you have to say "yes" to everything that you are asked to do, no matter how great it sounds. Pace your extracurricular activities.'

'Allow people to help.'



'It is absolutely not stepping back to leave leadership and go back to the classroom. It is the reward for all that you have given to others' professional expansion.'

'As you strive to do things better, remember that failure is part of the process. Don't give up. Forgive others, forgive yourself and persist as you work on the problems.'

'Breathe... it will be okay.'

