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.

- ‘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.’
- ‘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.’
- ‘Breathe... it will be okay.’
- ‘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.’
- ‘If you are unsure about anything, always ask a colleague. It is helpful to share ideas and concerns.’
- ‘Give yourself permission to switch off.’
- ‘Allow people to help.’
- ‘Let go of the guilt, by prioritising your wellbeing you are ensuring you will be a better practitioner.’
- ‘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.’