

Educators share advice on wellbeing

The 2017 *Teacher* reader survey included the question: 'Looking back on your experience as an educator, if you could share one piece of advice with your peers, what would it be?' Here are some responses on the topic of wellbeing.

'Deep breath. You can do this!'

'Always take time for yourself - you are never going to be the best educator you can be if you are overworked and exhausted.'

'Make sure you don't take the problems/stresses from work home with you and let them influence your interactions with your family.'

'Time management and prioritise every day; be realistic about what you can do while maintaining wellbeing.'

'Look after your mental wellbeing by taking minimal work home to complete.'

'Keep things in perspective. Make time for yourself.'

'Amidst all the highs and lows, keep up your resilience and perseverance.'

'Be patient, believe in yourself and ask for advice and assistance when you need it. We can learn from each other.'

'Number 1 priority is to look after yourself - get enough sleep, eat well, drink enough water.'

'Always walk into school in the morning being the best teacher you want or can be, leave any stress and trouble behind.'

'Remember to have a life outside of the classroom.'

'Be kind to yourself, this job can be a taxing one, so look after yourself.'

'Some days and some lessons are gold. Some are not. This is a marathon, not a sprint! Take care of yourself, use your long service leave when you need a break. Keep in touch with your family. Laugh at silly things and enjoy the day.'