



# From one teacher to another Switching off from work

In our annual *Teacher* magazine reader survey, we ask you to share one piece of advice with a fellow educator. As the school holidays approach, in this infographic, we share some of the responses we received about the importance of switching off from work.

'...plan down time. It is really hard to switch off as a teacher. Even when you are on holidays you are often thinking of work. Go away, leave your device at home and do not look at emails for at least one day, or one week when on break.'

'Don't make the job take over your entire life. It is OK to take a break.'



'Prioritise down time to switch off and recharge.'



'Learn when to say no and not take on so much that it affects work/life balance.'



'Set clear boundaries. Sometimes sleep/rest is better than pushing through when you are stressed. Take time out to do fun things with family and friends.'

'Always give yourself 24 hours off on the weekend and turn off your schoolwork computer by 7pm and spend time with family or doing what you love. This will energise you.'

'Make sure you allow yourself to have work/life balance and turn off the emails and notifications during certain times/days.'

'Look after yourself. You can't serve your students (or their families) well if you are rundown or overwhelmed.'



**Teacher**

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What would your piece of advice be? Share it with us at [teachereditorial@acer.org](mailto:teachereditorial@acer.org)