

# THE IMPACT OF COVID ON TEACHERS AND EDUCATION STAFF



## EMOTIONAL, BEHAVIOURAL AND PHYSICAL IMPACT



### negatives

Increased anxiety  
Overwhelmed  
Lonely  
Increased anxiety  
Exhausted

### positives



Increase in self care  
'Taking each day as it comes'  
More resilient  
Adapting to the 'new normal'  
New skills and hobbies



## RELATIONSHIPS

Lack of interaction with pupils  
Difficulty having online relationships with colleagues

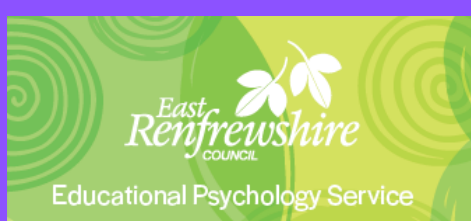
Stronger personal  
Closer family relationships  
Benefits of working as part of cohesive team



## HOME/LEARN WORKING

Burn out  
Work invading home life  
Working in 'quick sand'  
Missing interaction with pupils and colleagues

Increased flexibility



## HEALTHIER MINDS



***The Impact of Covid: Staff Survey and Session  
March 2021***

***East Renfrewshire Educational Psychology Service***