

10 wellbeing tips for school staff

At a time like this, it can be hard to focus on your own wellbeing as well as the wellbeing of your pupils, colleagues and family. But it's important to remember to look after yourself and find support during this uncertain time. Here are some tips that can help:

1. If you start working from home, try and keep a **healthy work schedule** which includes lunch, breaks and a reasonable log-off time. Keeping parts of your normal routine can be helpful like eating breakfast and getting dressed into (comfortable) working clothes.
2. **Keep in contact with your colleagues** as much as possible. It can be easy to feel isolated when working from home, so try and schedule in video calls and check-ins with your team, even if it's just to have a tea and a chat.
3. **Be reassured** that this intensely difficult time will change and will be replaced by a different perspective. Read our [advice on coping with self-isolating](#) and share with young people you know.
4. **Stay active**. If it's safe to go for a walk or jog outside, getting some fresh air can be a great way to unwind. There are also lots of activities you can do from home like yoga, weights, pilates and gardening. You can find lots of classes on YouTube.
5. **Take a break from the news**. It can be tempting to constantly check the news during times like this, but if you notice this is having a negative impact on your mental health, try limiting how often you check the news.
6. **Mindfulness** is a great way to stay calm. There are lots of great free apps you can use to guide you through breathing techniques and meditation that can help ease any anxiety. We like to use [Headspace](#).
7. **Accept** that there are many things out of your control and that you can only work with what you have got – this might involve getting used to this feeling of discomfort and letting go of some of those perfectionist ideals. 'Good enough' may have to be good enough.
8. **Board games** can be a great way to spend time with friends or family while giving you something to focus on. You can play a lot of these games online, like [Monopoly](#) or [Chess](#), or via apps like [Words With Friends 2](#).
9. If you're **worried about a young person** who might be going back to a difficult living situation, point them towards our [blogs](#) on coping with self-isolation and our [find help section](#).
10. **Reach out for help**. If you're feeling anxious about what's going on, speak to someone you trust like a friend, colleague or family member. Just because you support others doesn't mean you don't need support too.

