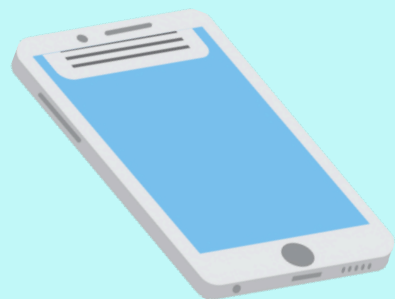


# Teacher and Staff Wellbeing Tips

## GIVE YOURSELF PERMISSION TO...

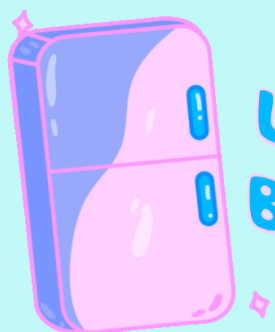


REMOVE WORK  
EMAIL FROM  
YOUR PHONE



IF I FEEL  
YOU

VALIDATE YOUR  
FEELINGS



LUNCH  
BREAK!

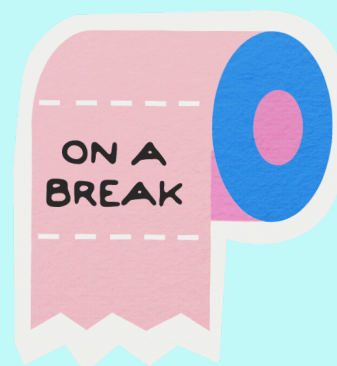
TAKE LUNCH  
BREAKS

NOPE

SAY NO

SLOW  
DOWN

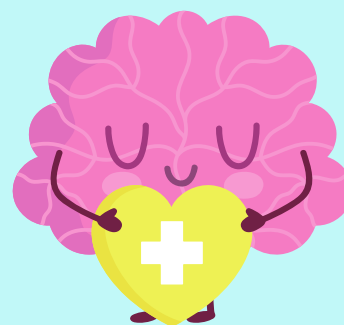
SLOW DOWN



GO TO THE  
TOILET DURING  
THE WORK DAY



ASK FOR HELP



TAKE A MENTAL  
HEALTH DAY OFF

[www.mentallywellschools.co.uk](http://www.mentallywellschools.co.uk)

Evidence-informed free resources, programmes & CPD training

(including DfE quality assured course) to improve student and staff mental wellbeing