

CAMDEN SCHOOLS CARE ABOUT STAFF EMOTIONAL WELL-BEING

Look after your own well-being...

Think about your work-life balance and how to prioritise what needs to be done.



Eat and drink as
healthily as you can



Find a way to do
exercise that you love



Think about your
sleep routine



Spend time with your
friends and family



Try something
new



Take time to do something
you enjoy for yourself

IF THINGS ARE GETTING TOO MUCH...

- 1 Stop and take a deep breath, try to focus on the things you have achieved.
- 2 Talk to your line manager or another colleague.
- 3 Speak to your family or friends.
- 4 Try a mindfulness app such as Headspace or Smiling mind.
- 5 Seek help through the Education Support Partnership (who provide mental health and wellbeing support services to all education staff).
FREE HELPLINE 08000 562 561
www.educationsupportpartnership.org.uk
- 6 Go to your GP.