

Holiday well-being for teachers



Safeguard your health and happiness with these activities.

1 Reflect.

Take time to reflect on your classroom practice. What worked? What didn't? Is there anything you can change to make next year even better?



2 Get organised.

Do what needs to be done in the first few days, then forget work for the rest of the holidays.

3 Recharge.

Teaching can be draining. Rest when you can, maybe grab a cheeky nap!



4 Clean up your social media.

Mute, block and unfollow negativity and follow positive, optimistic accounts. Next time you log in, it'll be a nicer place to be.

5 Reconnect!

Set aside time to disconnect from your device and reconnect with a friend, family member or work colleague that you don't get time for usually.

6 Be grateful.

Being aware of all that is good in your life helps cultivate positive feelings. Keep a gratitude journal or make a list of anything that you feel grateful for.

7 Brain food!

Eat real food; not too much; mostly plants. Nourish the brain as well as the body.



8 Switch off from work.

Turn off school related emails and notifications from your personal devices.



9 Read, read, read!

Reading makes us feel better and feel more positive too. Find yourself a good book and make time to chill.



10 Make plans.

Take some time to plan out your day, week, or term. A clear plan makes it easier to focus on priorities. Make sure you plan lots of fun, non-work activities too!

11 Use technology for good!

Download positive apps or visit sites that help you in some way. Perhaps you could learn something, a new language or skill.

12 No more notifications.

Turn off non-essential notifications so you're not a slave to your device. Just check-in when the time is right for you.

13 Move!

Whatever suits you, do it. A stroll, run, swim, or cycle - just move. 10-15 minutes each day will help you feel energised.



14 Unplug.

Not just from technology, but from everyday distractions. Make a conscious decision not to answer calls or emails or even listen to music.

15 Focus.

Set realistic goals. Don't get overwhelmed with long to-do lists, focus on a maximum of three main tasks to complete each day.

16 Close the tabs

Physically and mentally. Clear your inbox or to-do list, then switch off.



17 Do not disturb...

Ensure you take time for yourself; self care is essential.



18 Healthy spaces.

Make your environment more positive. Whether it's your classroom or home, a clean up can reframe your outlook and reduce stress.

19 No guilt rewards.

You deserve a treat! Watch your favourite show, take a nice bubble bath or enjoy some retail therapy.

20 Productivity planning.

Where in your life are you not productive? How can you change to improve your productivity?

21 Enjoy yourself!

Do something you love that you don't normally have time for. A hobby can help you refocus on what matters and switch off from stressful thoughts.

22 Find support.

There are groups online for every aspect of life. Find and join groups that promote and support you in work and day-to-day life.

23 Ditch the negativity.

Not very productive? Don't sweat it! Have a break, do something else and come back when you're ready. Try to keep a positive outlook.

24 Let go...

There are some things that are out of your control like other people's thoughts, attitudes and actions. Put these out of your mind.

25 Be mindful.

Deliberately pay attention to things you normally wouldn't notice. Become aware of your present moment or experiences as they arise.