



Here are some examples of how staff at WH support their Mental Health & Well Being

Regularly taking lunch break away from desk	Planning how to use time in the mornings/after school
Reading	Walking
Quiet time	Going out for dinner
Stress relief sprays	Massages
Talking to colleagues	E-learning
Treat Friday	Listening to calm music
Time management	Trying to keep work at work
Planned time with family	Time to reflect and relax at home
Planned me time	Ask for support when needed
Leaving early one day a week	Therapy
Talking to line manager	Affirmations
EAP	Eating regular and nutritious meals
Watching a film	Some time off at the weekends,
Ensuring I get adequate sleep	I eat snacks
I have turned off notifications from my emails outside of work hours	Talk about things rather than bottle them up.
Meeting friends	Taking time for myself to do something I enjoy
Talking	Organised diary, organised classroom
Taking care of my health e.g. eating well, sleeping, resting]	Monitors for different aspects of classroom life (book monitors, table monitors, lockers monitor etc)
A good podcast/playlist for the journey to and from work	Holistic approach to life - food, sleep, exercise, use of alternative therapies/self-education
Going to the gym/swim/class	Find the positive, reflecting on self
To do lists to prioritise jobs	Meditation
Yoga	Nature
Laughing	Writing
Being positive	Playing games
Marking at lunchtimes	Long dog walks
Not working in evenings and at home	Listening to music
Write down my thoughts	Journal

What could you do?

