

Practical strategies for increasing wellbeing

3 GOOD THINGS

- At the end of each workday, think about 3 positive moments (however big or small)
- Note them down and read at the end of the week to see if there are any recurring themes

SAVORING

- Train your brain to pay attention to the positive as it is happening
- Share the experience with another person, keep a souvenir or photo of that activity, stay in the present moment the entire time

CHARACTER STRENGTHS

- Take the character strengths survey: <https://viacharacter.org/character-strengths-via>
- When you identify your top 5, try to reflect on how they already play out in your work life
- Think about ways to use them more in your day-to-day

RECONNECT TO YOUR PURPOSE

- Try to do one thing each week that reminds you why you became a teacher in the first place
- Use a teaching strategy/activity that you and your students all enjoy, to remind you of the difference you're making in their lives

TRY TO CREATE BOUNDARIES BETWEEN HOME AND SCHOOL

- Try developing an end-of-day 'ritual' to help you switch mindsets.
- It may include changing your clothes when you get home, heading out for an afternoon walk, or spending time with family and friends.

PRACTICE SELF-COMPASSION

- If you are feeling overwhelmed, share your feelings with another teacher.
- Treat yourself with care and understanding rather than harshly critical and judgmental - this is particularly important if you are learning new skills or have made a mistake.

FOSTER CONNECTION

- Make time for small talk with someone in your team; have a cup of coffee with a younger colleague who might need a mentor; go out for a walk with a friend during your lunch break.
- Form or join a group of peers (not necessarily in the same school) who meet face-to-face or online regularly to share ideas, challenges, and solutions.

PRIORITIZE

- Not all of your tasks are equally important or urgent. Use an Action/Priority Matrix or an Urgent/Important Matrix to guide you in prioritizing.
- Try to match your energy levels with the types of tasks you are doing (tune into what energizes you vs. what drains you – it will be different for everyone!)

If you are interested in learning more about teacher wellbeing, please complete the contact form by clicking the link below:

<https://forms.gle/XpzZVsYpCGy37viLA>

Thank you for your interest!