

## Summer Holiday Staff Wellbeing – one size does not fit all!

When it comes to wellbeing, there is no 'one size fits all,' you are able to pick and choose what works or doesn't work for you.

Some people may be excited about the break, others dreading it. Everyone is individual.

You may fit one of these profiles completely or a few parts of each or none of them and that is ok. Whichever method you choose to focus on, your wellbeing is personal to you.

The only proviso to this are the basics of eating, sleeping and exercising well - these will always be good advice for everyone!

If you are concerned about your wellbeing or the wellbeing of someone else, communicate this in order to avoid the issue getting bigger.



### For the teacher with children

Make a list of things with your children that you all enjoy doing, or arrange for individual children to help pick activities on some days so everyone has a say.

Make the most of what is free and local. Don't forget the great outdoors – explore local rope swings, splash in streams and go for walks or bike rides.

If you are able, arrange to have some 'one to one' time with each child. This will really help to secure your relationship when siblings are not about.

If you can, take advantage of child care options and holiday clubs to get a bit of time to yourself.

Arrange to meet with other parents, perhaps sharing childcare.

Remember, the TV and tablet computers are your friend. Use them (just not 24/7!).

### For the teacher with no children at home

Switch off from work emails, only checking them once a week at a set time or not until the end of the holidays.

Create a list of those things that will make your living space lovelier, that you didn't achieve over lockdown and start those projects!

Plan catch ups with friends and family, space them throughout the break so that you always have something to look forward to.

Plan in some 'me time', you could go to the cinema, read more or get artistic – whatever you fancy.

Use this time to reflect on the past term and then put it to one side to concentrate on recharging your batteries.

Remember, achieving little, sleeping in and being on social media more than you think you should, is ok. It's your time to use how you want.

### For the teacher who needs to keep working

Try and avoid work emails and certainly don't send any until the end of the holidays. If you must write them, store them in drafts.

If you are like me and want to go to school in the holidays, limit it to one day a week (I always get a coffee after).

Use the time to focus on light CPD e.g. non-fiction or fictional education related books, webinars or blogs – not too many though!

Catch up with ex-colleagues and find out how they do things at their schools – meet in the park or woods for added exercise.

Eat well, sleep well and exercise so that you are recharged. Go through your work wardrobe so you are looking good next term!

Remember, colleagues may not share your passion for working in the holidays so don't badger them unless they are happy about it!

I hope you liked this free resource!

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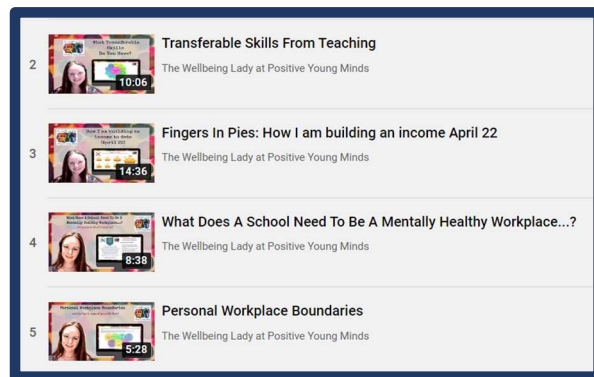
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**Educational Consultant**

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