

Haringey's Anchor Approach:

SIMPLE STEPS TO WELLBEING



Getting through tough times...

We ALL can feel overwhelmed sometimes - It's OK NOT to feel OK - Here are some ideas that might help...

SAFETY

Working in education can be stressful at the best of times. Make time to take extra care of your basic need to ... sleep enough, eat well and exercise.

Set yourself boundaries ...we all know that our job can seem as if it never ends, but it is important for your wellbeing to give yourself a break.

BELONGING

Being in school can help create a shared identity. Try and link in with your colleagues when and where you can.

Remember it is physical distancing not social distancing and online forums (like Haringey Wellbeing Forum and TES.com) can be good.

Remind yourself who matters to you... Talk to them regularly if you can.

ACHIEVING

Reflect on '3 good things and 'What went well' each day.

Make a 'to do' list, prioritise tasks and tick them off as you do them.

Share your knowledge about teaching with others.

EMPOWERMENT

Choose to be kind to yourself and others – it is an effective way to relieve stress.

Limit how often you check work emails when you're at home.

Expect and accept change – being flexible will help you 'go with the flow'...

Remember that it's ok to ask for help. Use the 'Employers Assistant Programme' (or equivalent) if your school buys into it.

PURPOSE

Take time to recognise the value of what you are doing – the difference you are making to young people and their families just by being here is truly amazing and immeasurable!

Take opportunities to help others where you can ... there's NO HIGH like the 'HELPERS HIGH' – you'll feel amazing!!!

Make plans for the future.

ADVENTURE

Have something to look forward to – plan something you love at the weekend.

Try something new that makes you feel excited or nervous!

Do something creative – it will make you feel good.



For more information on how building the above areas increases resilience & wellbeing visit: www.haringey.gov.uk/anchor (Tools)