



# TEACHERS' AND CHILDRENS' HEALTH AND WELLBEING

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# Why well-being and workload?

- There is a retention and recruitment crisis –we see low numbers entering profession, especially for Mathematics, Science and MFL subjects.
- Increase of mental health issues for teachers, student teachers and children in recent years.
- **What do the terms 'wellbeing' 'stress' and 'resilience' mean to you?**

Share good practice in relation to mental health and well-being for teachers, student teachers and pupils

## Session aims

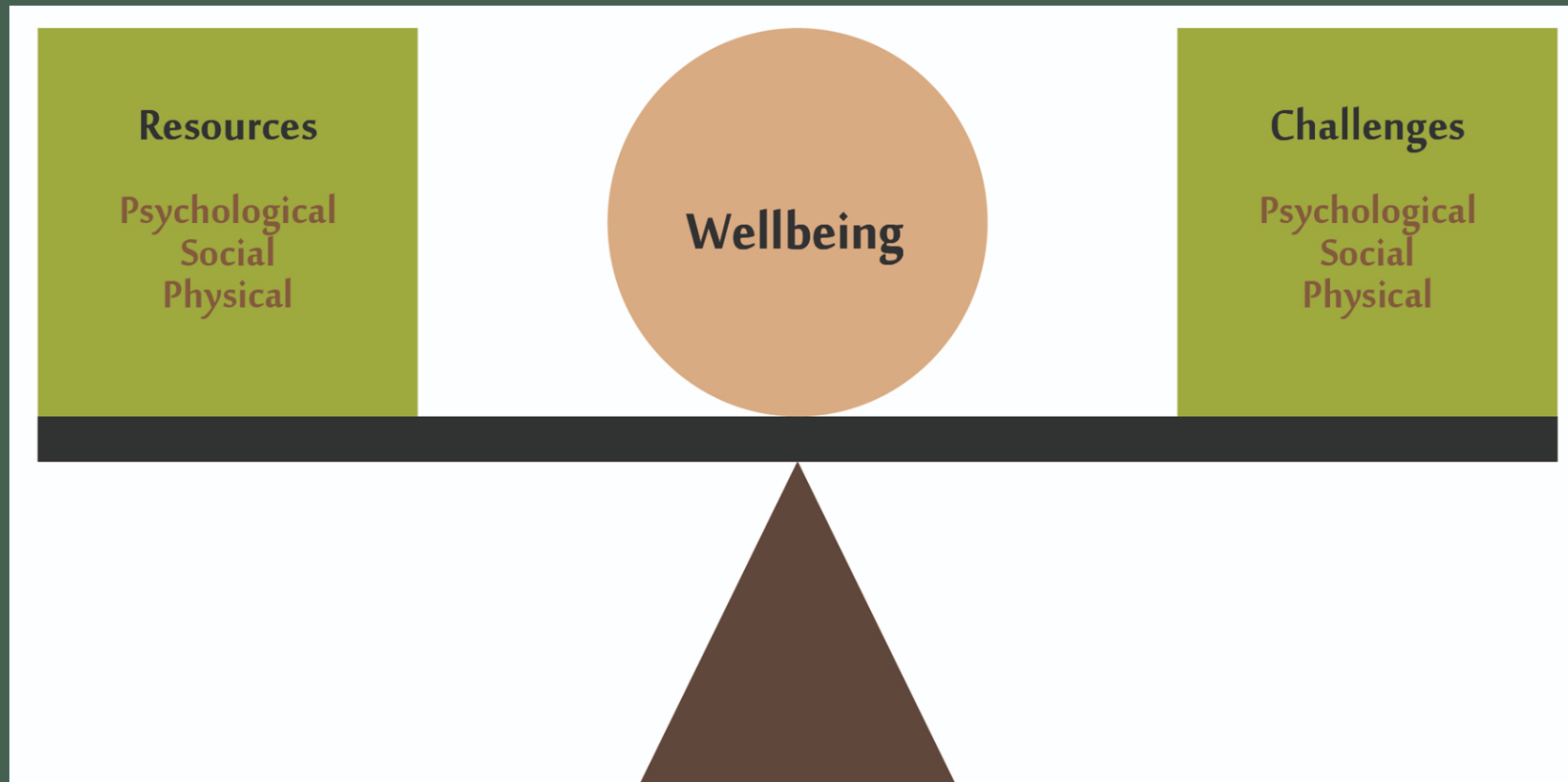


# How do you look after your wellbeing?



- What helps you to stay healthy at work?
- What can your manager do to support you to stay healthy at work?
- How might experiencing poor mental health impact on your work?
- Are there any situations at work that can trigger poor mental health for you?
- What steps can you take if you start to experience poor mental health at work?

# Achieving balance....



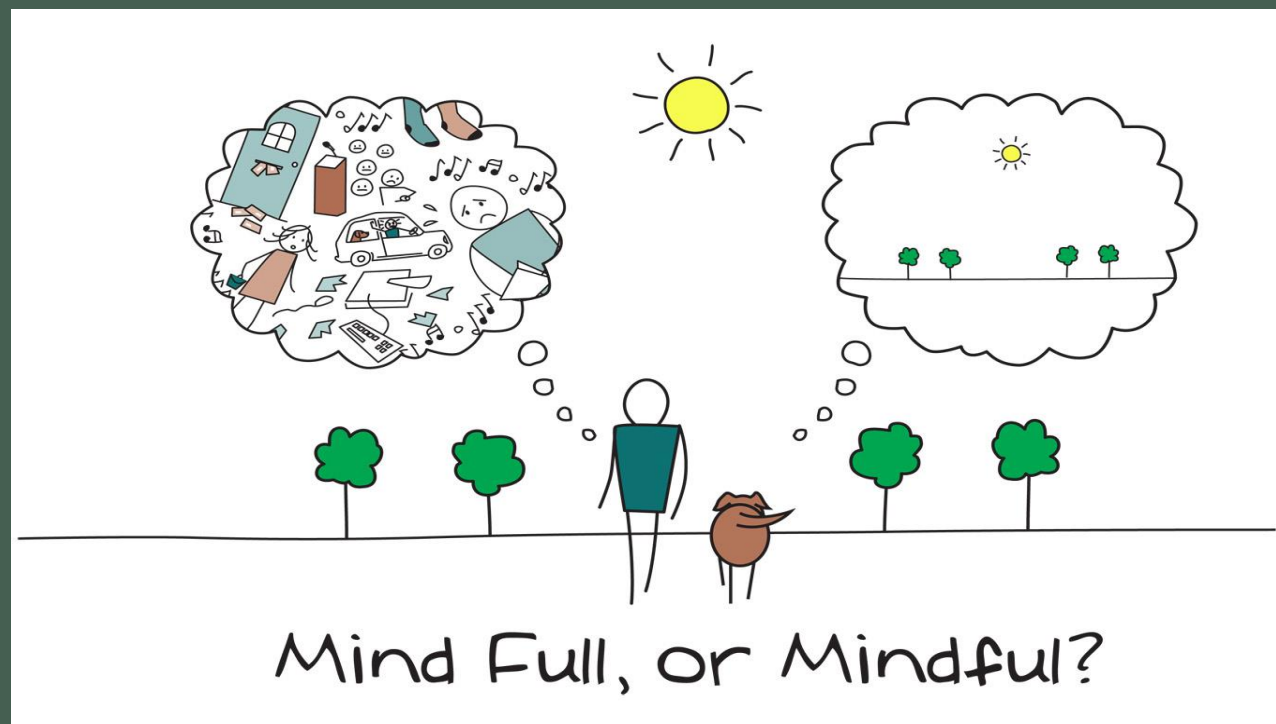
# Activity

**Rank the following in order from that having the largest impact on your health and well-being:**

- Procrastinating
- Length of commute
- Trying to re-invent the wheel
- Taking on too much / over-working
- Organisation
- Time management
- Marking
- Work-life balance / family commitments



# Skills for positive wellbeing mindfulness



Advocates of Mindfulness believe that true contentment and freedom from stress can really only come from being in the present moment.



# Get to know your colleagues and student teachers

- Discuss potential barriers
- Check in with class teachers
- Go to social events e.g. staff lunch / after school
- Extra-curricular activities e.g. football / circuit training



# Five ways to wellbeing



If you give them a try, you may feel happier, more positive and able to get the most from life.



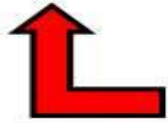
What am I going to do to maximise my learning this week?



Thursday – what are 2 ways in which I am going to be more healthy this week?



High sugar food, caffeine and alcohol prevents sleep



Do a random act of kindness



Wednesday – What can I do to show someone kindness?



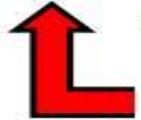
Give



Take notice

Tuesday – What can I do to value the world around me?

Enjoy what you already have



Plan a friends/ family event



Monday - How can I make time for others?



Connect



5 minute well-being plan

# Avoid overwhelming yourselves

- Start with basics of teaching and learning
- SMART targets – always give at least three positives and one or two areas to improve – try not to do it all at once!
- Build positive and professional relationships
- Encourage good routines e.g. arrival to school, working after school/ at home etc.
- To-do lists
- Prioritise urgent tasks – model time-management
- Easing the workload – peer-marking.



# Student teachers' ideas

- Day off at weekend
- Stop working at 8pm?
- Hobbies and interests
- Meet with family and friends
- Sport and exercise – endorphins
- Mindfulness
- Choir, musical instruments
- Yoga



# Be realistic



- Mirror a realistic workload
- Show your human side – be kind
- Consider other commitments e.g. family / childcare
- Consider working hours e.g. evening events
- Remember to gradually increase workload of lessons timetabled

# Helpful online resources and links

- <https://www.moodjuice.scot.nhs.uk/>
- <https://www.getselfhelp.co.uk/>
- <https://www.headspace.com/>

<https://www.bbc.co.uk/programmes/m000rnwr>

For children and families:

<https://www.booktrust.org.uk/books-and-reading/bookmark-disability-and-books/mental-health/>

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# Reflections

- We need to look after ourselves so that we can show how other colleagues and children can look after themselves.
- We are all different and so have varying needs in terms of health.
- Teaching as a craft? Prepare for long-term work / home balance.
- Work with senior management and other tutors, mentors at your school, to set realistic expectations and prioritise health and well-being for all staff, student teachers and children.



# Thank you for listening!



- Your ideas, questions or comments...

