

Educator Wellbeing



TICS LTD

TRAUMA INFORMED CONSULTANCY SERVICES

How to use this guide

The TICS team are delighted to have put together this guide of our favourite 'go to' strategies when it comes to looking after our wellbeing and we hope they will help you too...

We have tailored these ideas and strategies with the busy educator in mind.

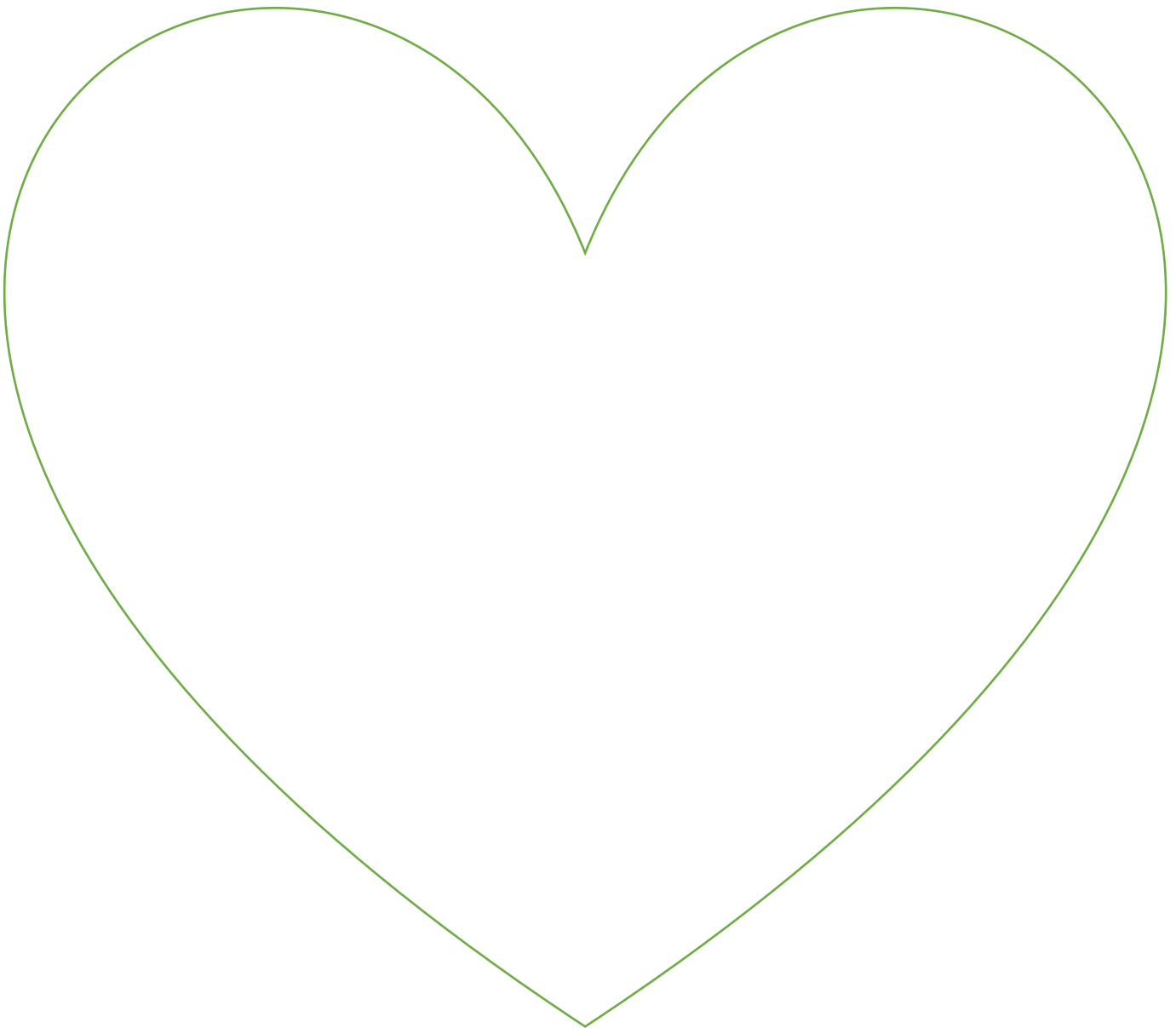
Do let us know how you get on and how they positively impact your wellbeing.

With our best wishes,

TICS

What does wellbeing mean to me?

Use this space to note down your ideas. Turn to page 4 to find out what we think when you are done.



What does wellbeing mean to TICS?

“Mental wellbeing enables people to cope with the stresses of life, realise their abilities, learn well and work well, and contribute to their community,” (WHO, 2022).

We all have mental health, even for those of us who may have a diagnosis of something like depression or anxiety, we can still flourish. We can all prioritise our wellbeing!

Why does mental wellbeing matter?

The pandemic has had an impact on everyone to some extent. Whilst we don't talk about it as much and it is rarely covered in 'The News', psychologically, we are still getting over its effects.

Even though these experiences and the way we process them will be unique



to each of us, it is important that we think of ourselves too so that we can continue to support children and young people.

Remember care and compassion for each other and ourselves is integral for everyone to thrive.

Self Care Activity 1

1. Draw a plate in the space beneath this text
2. On your plate, write down all the things you do/are responsible for (e.g. roles, jobs, responsibilities, life needs and tasks currently). Try and be as concrete as possible.
3. Think of a typical day from start to finish, or week?
4. Consider work, family, friends

Self-Care Activity 1 cont...

- Underline what you would like to change (even if they are not changeable in reality at the moment) and remember any change does need to be something that you can do.
- Look at the things that **are** changeable at the moment (even by 1%) and circle these. Here think about things that you could also 'delegate' this can be both work and home related.
- Ask yourself are you somebody that finds yourself 'wanting to do everything'?
- Think about what a 1% change could look like. If I want to start exercising, running a marathon could be a 100% change, walking around the block twice a week would be 1% change.
- On the outside, write down things you wish you had more time for. When you had more time, what sort of things did you enjoy doing? Think about how might introduce 1% version of these into your life.

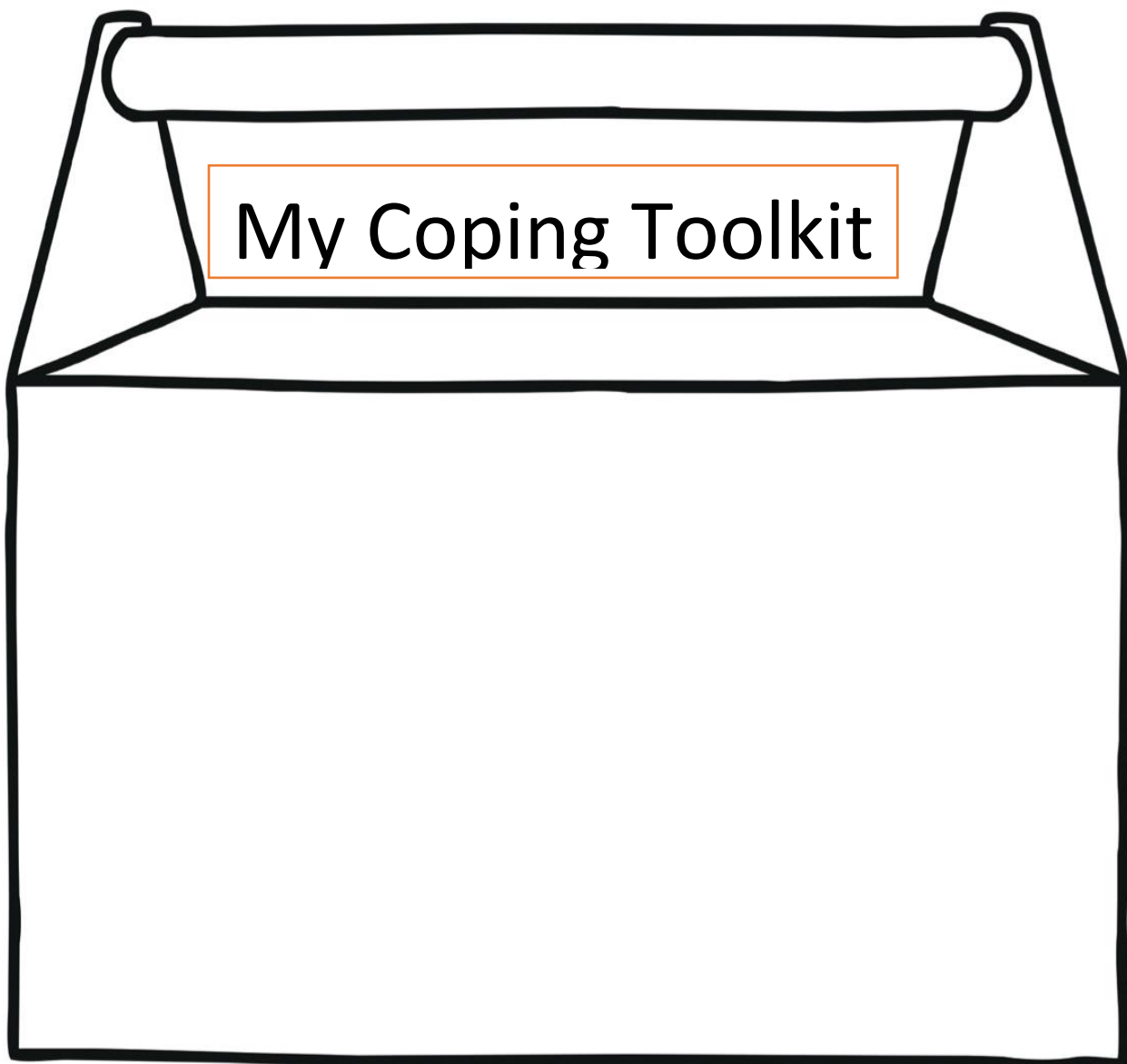
Self-Care Activity 2

Use this daily planner to prioritise your wellbeing activities and work towards the changes from activity 1. You could copy the table into your own document to enable you to cover the next couple of weeks.

Before Work
Work
Late afternoon/early evening e.g. 4-6pm
Evening e.g. 6pm onwards
Before bed (choose your bed time)

Self-Care Activity 3

Now it's time to create your coping toolkit. Sometimes, even with the best planning, things can take their toll. What can go in your toolkit to support you each day.



Mindful Moments

Take what you like from the list when you need a mindful moment...

5, 4, 3, 2, 1 grounding...

- 5 things I can see
- 4 things I can hear
- 3 things I can smell
- 2 things I can touch
- 1 thing I can taste...



Body scan

- Close your eyes/look at the floor.
- Work from your head to your toes. What sensations do you feel?
- Take note of these sensations whilst focusing on your breathing.

Mindful Moments

Gratitude list:

It can be much easier to focus on what is going wrong but what are you grateful for? Hold onto these things...



Mindful Moments

Connecting with your surroundings is very powerful...could you try one of these?

Mindful drink
making

Walking
meditation



Mindful exercise

Being present in
the moment...

My Support Network



Planning during times of calm is the most effective. Use the headings to consider the support you have around you.

Outside of work, I can talk to...

At work, I trust....

If I couldn't talk to my colleagues, friends or family, I could contact...

Could you add any of these to your Support Network?

Samaritans call 116 123 jo@samaritans.org.uk

SHOUT: text 85258

NHS Every Mind Matters

<https://www.nhs.uk/oneyou/every-mind-matters/>

Hub of Hope <https://hubofhope.co.uk/>

Education Support

<https://www.educationsupport.org.uk>

Your school may have access to paid for counselling/supervision you can access

Your GP has access to a range of services too...

Visit us at www.ticservicesltd.com

You can also contact us at hello@ticservicesltd.com