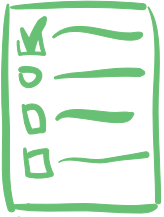


FEELING FRAZZLED?

Here are some top tips from teachers about relieving stress at work.



Prioritise your tasks: start with the 'must do' tasks, then do your 'should do' tasks. Extras are 'could do' tasks, which aren't necessary if you don't have time!

Had a bad class? Try reflecting on the successes and plan what you will do differently next time. Remember to think of the next class as a new start, and not another bad one!



If you have your own classroom, why not put up a few photos or inspiring quotes? If you share one, do the same in your notebook or planner. If you personalise your teaching space, it can feel less isolating!

Keep away from the coffee pot in the staffroom! Too much caffeine can make you nervous and irritable. Try herbal teas or a glass of water and a piece of fruit instead!



Don't be afraid to leave your marking on your desk instead of taking it home. Make sure you have a good work-life balance!

