

Tips to relieve stress

Mindfulness & Meditation

Daily Meditation

Allocate 5-10 minutes each day for meditation. Apps like Headspace or Calm can guide you through relaxing sessions.

Mindful Breathing

Practise deep breathing exercises between classes to regain focus and calm.



Physical Activity

Yoga for Teachers

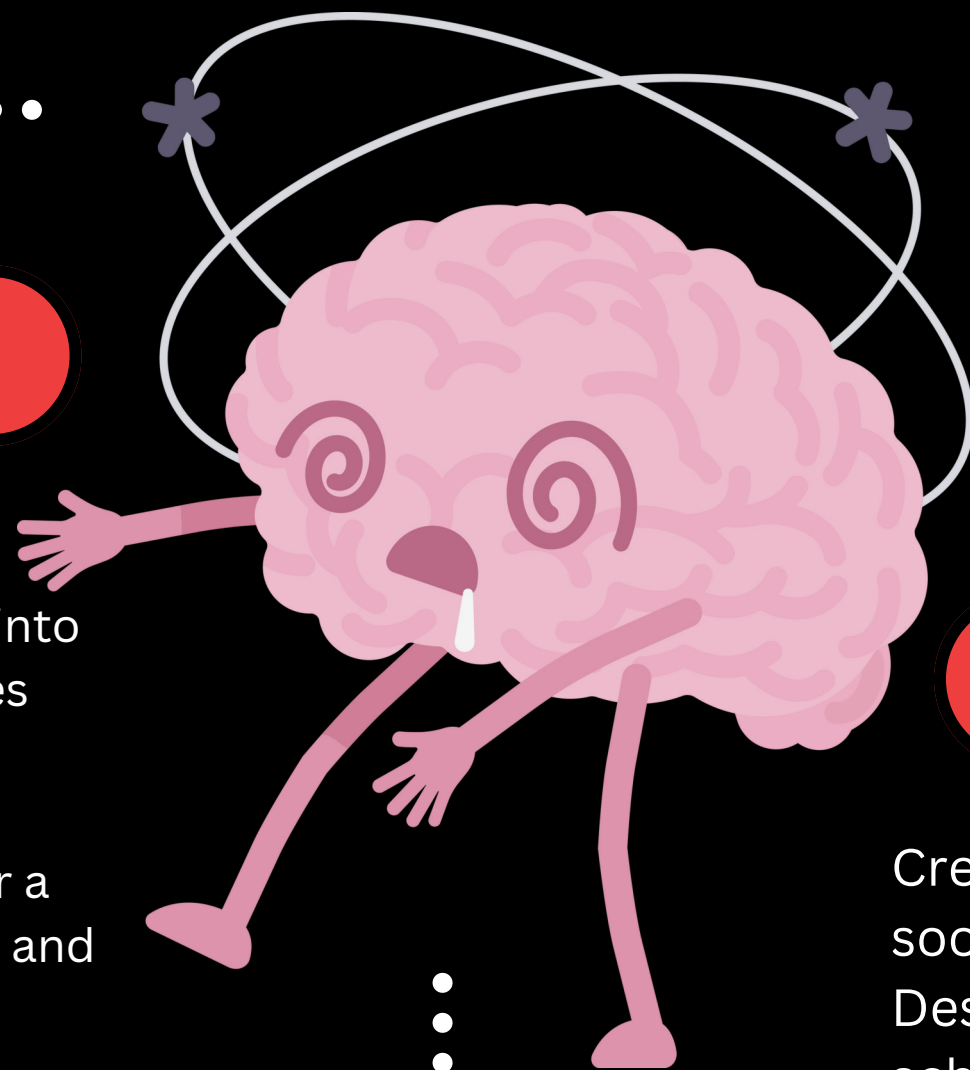
Incorporate short yoga sessions into your routine. Even a few stretches during breaks can be beneficial.

Walking

If possible, get out for outside for a walk to increase physical activity and reduce stress.

Desk Exercises

Engage in simple exercises like chair squats or seated leg lifts during long marking sessions.



Environmental Adjustments

Create a calming classroom environment with soothing music and comfortable seating.

Designate a personal space, either at home or school, where you can relax and recharge.

Time Management

Prioritise Tasks

Organise and prioritise your tasks effectively.

Set Boundaries

Establish clear boundaries between work and personal time to ensure proper rest and relaxation.

Breaks

Schedule short breaks to rest and recharge. Try techniques like focused work followed by a 5-minute break.



Self-Care

Pamper Yourself

Schedule regular self-care activities, such as spa days, reading, or taking long baths.

Healthy Eating

Maintain a balanced diet to fuel your body and mind effectively.

Adequate Sleep

Prioritise getting enough sleep each night to ensure you're well-rested and ready to tackle the day.

Take care
of yourself
first

Stay Connected

Regularly communicate with your colleagues to share experiences and get advice.

