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# Wellbeing and mental health





# Education Support

Free support and advice for individuals

- Helpline - 08000 562561
- Resources for individuals and schools & colleges - [educationsupport.org.uk/resources](https://educationsupport.org.uk/resources)

Wellbeing services for schools:

- Employee Assistance Programmes
- Facilitated peer support
- Individual supervision
- Wellbeing advisor service

Research and advocacy for improvement

- Teacher Wellbeing Index
- Teacher Retention Commission

# Framing wellbeing in education

Work is positive for wellbeing (after health and relationships)

Engagement drives job satisfaction

Worklife balance is really important

Job content matter: variety, learning new things, autonomy

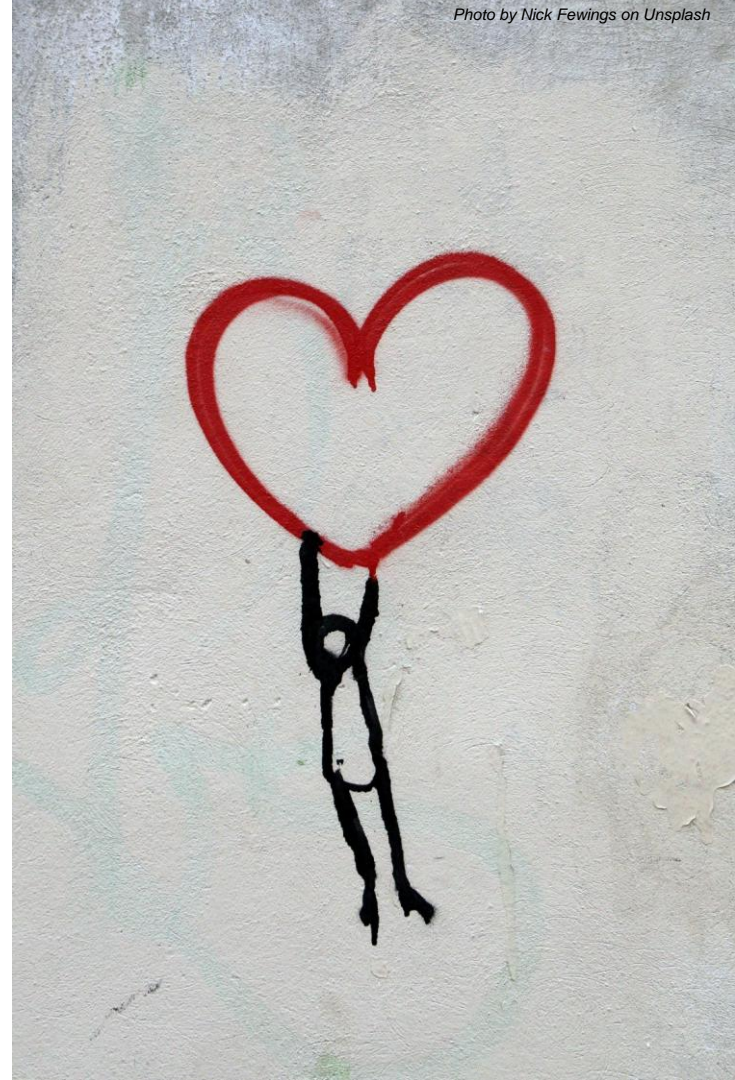
Social capital



# Petrol in the tank

Collegiality  
Appreciation  
Purpose

Source: *Covid-19 and the Classroom*, available at <https://www.educationsupport.org.uk/resources/research-reports/covid-19-and-classroom-working-education-during-coronavirus-pandemic>



# Drivers

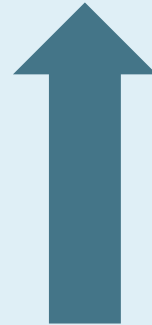
Workload  
Work/life balance  
Pupil behaviour



# My very complicated theory of teacher wellbeing



stressors



protective resilience



# My school

Culture & leadership  
Collegiality  
Professional development  
Reflective practice  
Staff voice  
Line management





# Myself

My “why”

Personal boundaries

Rest and recovery

Physical care

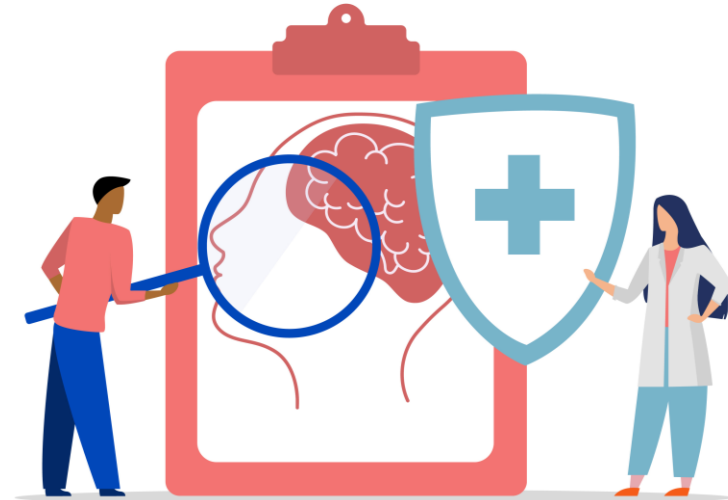
My support network





# Signs to watch out for

sense of dread feeling on  
edge difficulty concentrating  
irritability tiredness irregular  
heart beat excessive sweating  
shortness of breath nausea  
headaches insomnia tension  
in chest or stomach  
tearfulness flatness  
overwhelm full-up







# Mental health hygiene

Recognise & accept that a wide range of responses is 'normal'

Exercise

Nutrition

Moderate sugar & alcohol

Good sleep habits

Moderate social media consumption

Gratitude

Be creative

Nature

Talk about feelings

Accept uncertainty

# Resource map





The  
institution  
is a  
variable





Don't be  
a sponge

# Resources

Self compassion:

<https://www.youtube.com/watch?v=-kfUE41-JFw>

Vulnerability:

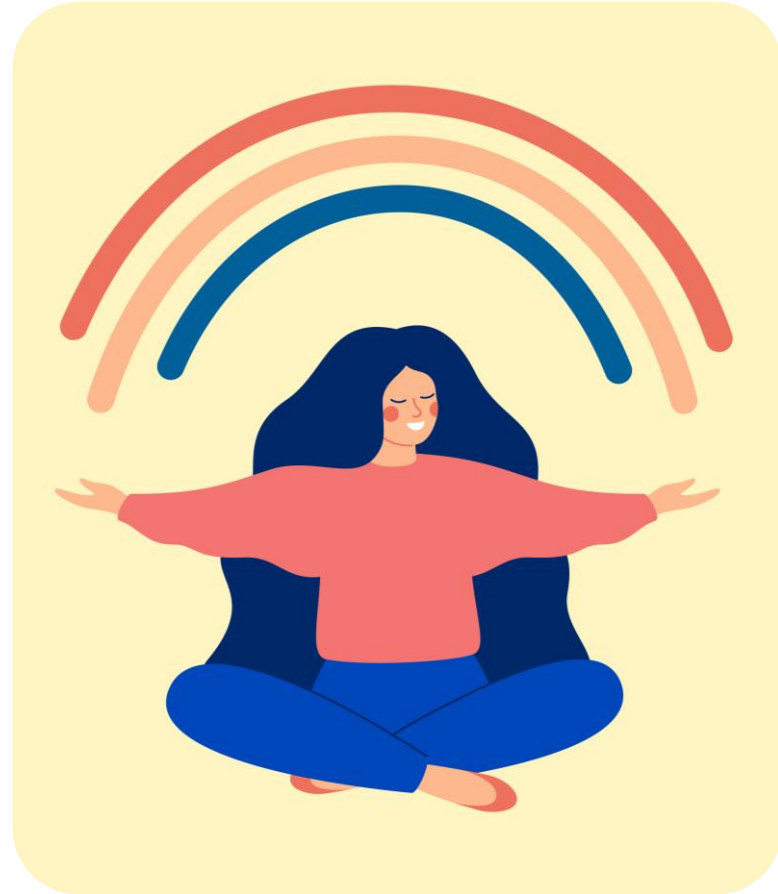
[https://www.ted.com/talks/brene\\_brown\\_the\\_power\\_of\\_vulnerability/transcript?language=en#t-25870](https://www.ted.com/talks/brene_brown_the_power_of_vulnerability/transcript?language=en#t-25870)

Relationships in the classroom:

<https://www.youtube.com/watch?v=DVD8YRgA-ck>

The power of making one change:

<https://www.youtube.com/watch?v=ysa5OBhXz-Q>





**08000 562 561**

**educationsupport.org.uk**

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