

Stress Awareness Month has been held every April to increase public awareness about both the causes and cures for our modern stress epidemic.

In March 2021, 82% of teachers described themselves as stressed. This month, we are focusing on how to help education staff manage stress

1

Being in control of your thoughts increases your ability to find solutions to challenging situations and to deal more effectively with stress. Click [this link](#) to gain some tools around changing your mindset.

2



There is a difference between burnout and stress. Click the icon to read 'Mrs Humanities' fantastic blog around her experiences with burnout in teaching, and her tips.

3

Many people working in education are uncomfortable saying 'no' - often due to a well-meaning fear of letting people down. Take a look at [Education Support's guide](#) on how you can get better at setting boundaries.

4



Breathing exercises reduce your fight or flight response by lowering stress hormones. Click the icon for some examples to use in times of stress.

The Mental Health Support Team offer a telephone drop-in services for school staff. These can be used if you need guidance around supporting students with their mental health and wellbeing



We also offer a confidential telephone drop-in service for you to support your own wellbeing.  
*Please note, this is not a counselling service.*

Click the link below or scan the code to schedule a call.  
[Mental Health Support Team Telephone Drop In Service](#)

For blog posts, and to learn more about the support we offer, visit [our website](#).