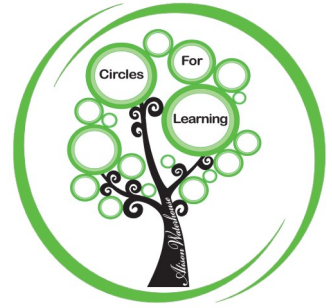


Resources to support Staff Wellbeing.



Reports:

1. DfE: School and college staff wellbeing: evidence from England, the UK and comparable sectors December 2019 <https://www.gov.uk/government/publications/school-and-college-staff-wellbeing-report>
2. Staff Wellbeing is key to school success 2007 Professor Rob Briner and Dr Chris Dewberry: <http://www.teachertoolkit.co.uk/wp-content/uploads/2014/07/5902birkbeckwbperfsurveyfinal.pdf>
3. Teacher Wellbeing Index 2020: <https://www.educationsupport.org.uk/resources/research-reports/teacher-wellbeing-index-2020>

Supporting Staff Wellbeing in Schools:

1. iris: Improving Teacher Happiness and wellbeing: <https://highstorrs.co.uk>
2. Professional Learning Resource Kit for: Improving Teacher Happiness and Wellbeing: <https://www.irisconnect.com.au/project/professional-learning-resource-kit-for-improving-teacher-happiness-and-well-being/>
3. Anna Freud Supporting Staff Wellbeing: <https://www.annafreud.org/schools-and-colleges/resources/supporting-staff-wellbeing-in-schools/>
4. Anna Freud: 10 ways to supporting staff wellbeing in schools: <https://www.annafreud.org/schools-and-colleges/resources/ten-ways-to-support-school-staff-wellbeing/>

Staff wellbeing posters for school

1. 10 ways to support staff wellbeing poster: <https://www.annafreud.org/media/12882/staff-wellbeing-poster-print.pdf>
2. Optimus: 12 ways to boost your wellbeing: <https://my.optimus-education.com/staff-wellbeing-poster>
3. TES: A guide to staff wellbeing poster: <https://www.tes.com/teaching-resource/staff-wellbeing-poster-for-the-staffroom-11151040>
4. 10 Ways to take a break: <https://www.leedsth.nhs.uk/assets/5284fc84f2/10-Ways-to-take-a-break-v2..pdf>
5. Action for Happiness Monthly Calendars: <https://www.actionforhappiness.org/calendars>

Staff Wellbeing Questionnaires Downloadable

6. Twinkl: <https://www.twinkl.co.uk/resource/t-lf-136-staff-wellbeing-questionnaire-checklist>

Policies

1. CWMT: Mental Health and Wellbeing Policies for Schools and Colleges Example Policy and Guidance: <https://charliewaller.org/what-we-do/for-employers/writing-a-mental-health-policy>

Resources to support Staff Wellbeing.

Wellbeing Audits

1. Wellbeing self-audit: <https://www.circlesforlearning.co.uk/staff-wellbeing.html>
2. Whole school Audit: <https://www.circlesforlearning.co.uk/Mental-Health-Wellbeing-Audit.html>

Difficulties with sleep

1. NHS: 10 Tops to beat insomnia. <https://www.nhs.uk/live-well/sleep-and-tiredness/10-tips-to-beat-insomnia/>
2. Risk and Safety Solutions: Tips for getting a good night's sleep. <https://www.ucop.edu/safety-and-loss-prevention/files/safety-spotlight/June-July-2017-Safety-Spotlight-Poster.pdf>
3. Mind: Sleep and Mental Health. <https://www.mind.org.uk/information-support/types-of-mental-health-problems/sleep-problems/about-sleep-and-mental-health/>

Supporting the mental health and wellbeing of education staff.

1. Barnardo's: Supporting the mental health and wellbeing of education staff through professional supervision structures. <https://www.barnardos.org.uk/sites/default/files/uploads/supporting-mental-health-wellbeing-education-staff-through-professional-supervision-structures.pdf>
 2. Mental Health: How to manage Stress. <https://www.mentalhealth.org.uk/sites/default/files/how-to-manage-and-reduce-stress.pdf>
 3. Anna Freud Centre. Ten ways to support staff wellbeing: <https://www.annafreud.org/media/12876/ten-ways-to-support-school-staff-wellbeing.pdf>
 4. Tavistock and Portman: Work discussion groups at work: applying the method Emil Jackson. <https://core.ac.uk/download/pdf/103193.pdf>
 5. Education Support. ABC Model to manage Stress: <https://www.educationsupport.org.uk/resources/factsheets/abc-model-help-manage-stress#:~:text=The%20ABC%20Cognitive%20Behavioural%20Tool,like%20anger%2C%20frustration%20and%20irritation.>
 6. Catch it Check it, Challenge it, Change it. Ways to stop anxious thoughts: <https://www.circlesforlearning.co.uk/staff-wellbeing.html>
 7. Personal Wellbeing Action Plan. <https://www.circlesforlearning.co.uk/staff-wellbeing.html>
 8. Reducing Teacher Workload Poster: https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/593913/6.2799_DFE_MB_Reducing_Teacher_Workload_Poster_20161213_print.pdf
- NAHT: Workload Reduction Teacher Toolkit: <https://www.naht.org.uk/news-and-opinion/news/pay-and-conditions-news/the-department-for-education-launches-workload-reduction-toolkit/>

www.circlesforlearning.co.uk

Building Positive Foundations for Mental Health and Wellbeing