Session 1: Mental health for teachers

Activity

Work through the PowerPoint on mental health for teachers



ACTIVITY

Click on the link below and explore the different strategies that you could use to support in your mental health and wellbeing as a teacher.

[12 Smart Steps to Reduce Teacher Workload (teachertoolkit.co.uk)](https://www.teachertoolkit.co.uk/2016/10/15/smarter-steps-workload/)​

ACTIVITY – REFLECTION TASK

Write a mental health action plan using strategies outlines in the ‘12 smart steps to reduce teacher workload’ resource above. Make sure the actions are smart targets

|  |  |
| --- | --- |
| Wellbeing Factors | Action plan  |
| Self-care  |  |
| Exercise  |  |
| diet |  |
| Work/life balance |  |

 MENTOR MEETING ACTIVITY

In your mentor meeting discuss the learning you have taken away from the session on mental health for teachers.

* Reflect and discuss with your mentor your action plan and how your mentor and organisation can support you.

Following this discussion, record any actions/areas for development.