Session 1: Mental health for teachers

Activity

Work through the PowerPoint on mental health for teachers

[A picture containing text

Description automatically generated](https://activatelearning.sharepoint.com/:p:/r/sites/FEDGP/Shared%20Documents/Workstream%203/Resources%20to%20be%20shared%20to%20DfE/Resource%201%20-%20Mental%20Health%20for%20Teachers/Resource%201%20PowerPoint%20-%20Mental%20Health%20for%20Teachers.pptx?d=w3f9ef90dd9054e9f8c6cd5affbd07d5f&csf=1&web=1&e=fFdiVX)

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.