



# You've got this!

## Staff wellbeing reminders

- 1.** Know that you can make a difference and celebrate your achievements, however small.
- 2.** Remember, you are human, and you will make mistakes, but that's okay.
- 3.** It can often feel like an upward battle, which can make us feel hopeless. But you are never alone.
- 4.** Keeping a flexible approach can help with change. Do what works best for you and your pupils.
- 5.** Sometimes, your pupils may not always recognise your efforts, but don't take this personally.
- 6.** Take time for yourself when things get too much. In those moments, swap in and out with another colleague.
- 7.** If you're struggling, reach out for support. Talk it through with a trusted member of your school community.