

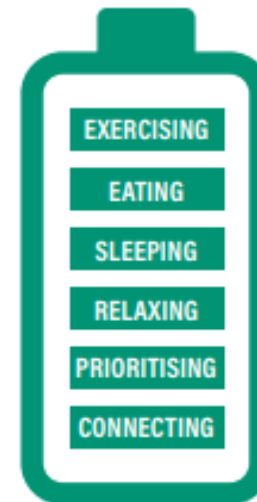


Happy Well-being Wednesday!

How do you demonstrate self care?

It is important to share with your students what you do to take care of yourself, explain we all need to take time to look after ourselves, and encourage them to make self-care plans involving things such as;

- Physical health
- Eating healthy and staying hydrated
- Prioritising sleep
- Taking time to relax
- Setting goals and prioritising; saying no to some things
- Staying connected with family and friends



Happy Well-being Wednesday!



You can collect a well-being pack from me to give to a colleague, to help make their day 😊
Giving to someone else really does help your well-being as well as theirs 😊

