



Looking after your mental health as a teacher

Nabila Al Hayek



2020-2021



01

Plan in time for the things that help you

Think about what helps lift your mood and gets you through stress, and plan extra time in for you to do that. Whether it's exercise, safe face to face or virtual time with friends, or protected time with family. Try not to let these things go or sacrifice them.



Try and keep the basics going as much as you can – eating as well as you can, getting enough sleep and watching your caffeine and alcohol intake. Give yourself small rewards.

02

**Keep up with the
basics**





03

Share how you're feeling with people you trust

If you can, identify a group of people you can be honest and open with about your feelings. Partners, friends, or close colleagues will want to help, and mixing the group up means you can ask different people for different things.

04

Share how you're feeling with your manager

If you can, identify a group of people you can be honest and open with about your feelings. Partners, friends, or close colleagues will want to help, and mixing the group up means you can ask different people for different things.





07

Keep things in perspective

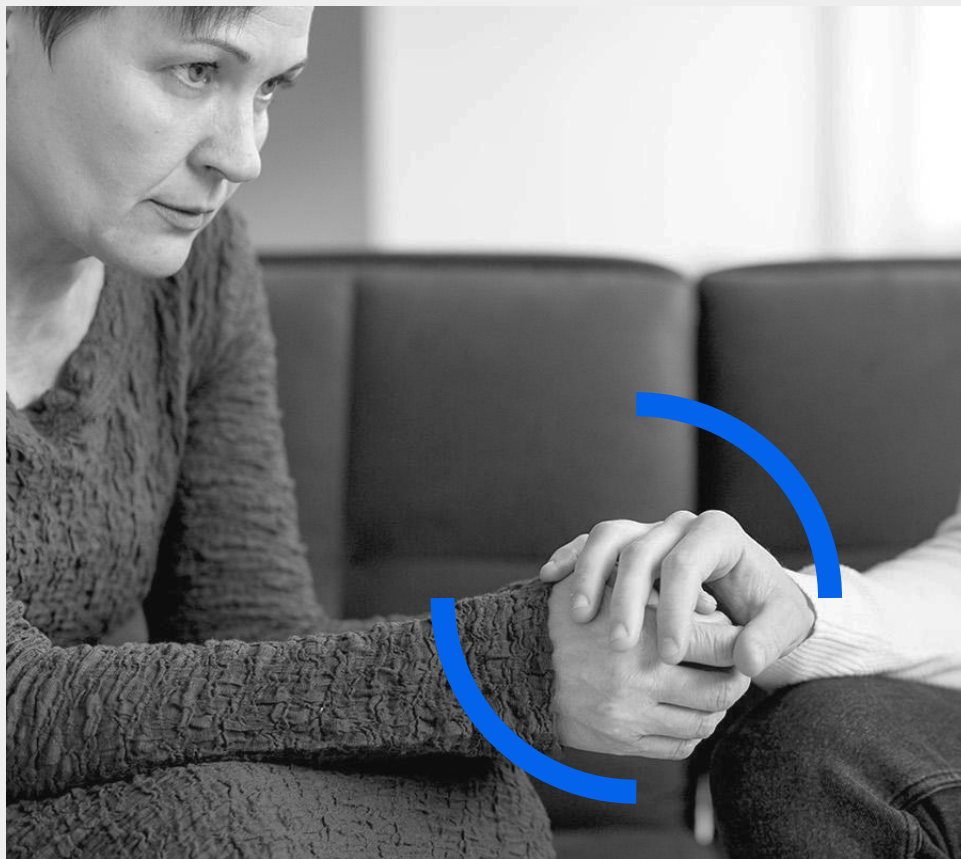
Remember, this is a period of adjustment for everyone. You aren't a superhero; you are one single professional in unprecedented period of change. The rules will change, and the school community will learn and adapt, but you can only control you, and the circumstances in your classroom today.

09

Find small moments to yourself

Try to keep in touch with how you feel and what if anything is a particular issue for you. Try and find a distraction technique to get you through difficult times. It might be headphones on the way in, a podcast in the car, or just five minutes of peace at lunch or break to do a meditation track or have a moment of fresh air.





10

Approach others with kindness and an open mind

If you can, try not to judge other's reactions too harshly – people have their own reasons, motivations and fears to contend with.

Note things you're grateful for



Keep a note of things you're grateful for and things you've learned each day. You do this job for a reason – and the reasons why teaching and working with kids are so appealing may be even more important now, even though the challenges are tough.



Dubai National School
مدرسة دبي الوطنية ، البرشاء

Thanks