

Your Wellbeing Matters

Caring for Yourself and Others at Work



Healthy Snacks

Of course we all love a sugary treat from time to time, but the impact of a staff room full of endless biscuits is a sugar rush, followed by a sugar crash!

Try and be more adventurous with the snacks you have available, go for foods that will be filling, satisfying and release your much needed childcare energy over time.

Explore your own interests

Whilst your managers and leaders have a role to play, so do you. Consider what your interests and strengths are and make time to talk to your manager about how you would like to use these more at work. Perhaps there is a project you are keen to work on or maybe there is a topic you are keen to research and implement into the setting? Be creative, and make things happen for you!

Power of Outdoors

Perspective can become clouded when you stay in only one environment. Going into the outdoors will expand your perspective, improve your creativity and release more endorphins. Take a walk with a colleague at lunchtime to discuss new ideas. Have you ever considered having a walking meeting? You will be amazed at the impact the outdoors on your mindset and motivation.

Ask for Help

You are never alone. Your manager, your team, your colleagues, they will want to help if you let them. Be honest when things get too much. You don't need to have the answers, you don't need to tell the personal details, but you do need to ask for help.

Kindness & Compliments

Simple acts of kindness will go a long way. Help someone out and remember 'If you can be anything in life, be kind.' Sit with someone different at lunch and get to know them. Tell someone why you admire them. Share a skill you have with a colleague or ask them to teach you a skill of theirs.