Self-care summer
Top tips for education staff

Prioritise rest

1. **Replenish yourself**
   Pick a mix of things that make you feel relaxed and recharged.

2. **Make a wellbeing action plan**
   Plan what you are going to do to look after your wellbeing during the summer, and try your hardest to stick to it.

3. **Do things that make you feel like ‘you’**
   Engaging in our passions and making time for loved ones can energise us and help prevent burnout.

Reviewing boundaries

1. **Set time during the holidays when you will work and when you won’t**
   Remember though - the priority is to carve out time when you can completely switch off from the job.

2. **Use automated responses**
   Send automated responses to parents and colleagues when you’re not available or to remind them of your office hours.

3. **Remove email apps from your phone**
   This is a great way to ensure that you don’t feel the excessive pressure to respond to every message immediately.

Build healthy habits for the academic year

1. **What are your wellbeing non-negotiables?**
   Consider what they are and make a note of them. These actions should keep you balanced and help you feel good.

2. **Start your day well**
   Find something that you can easily do each morning that helps you get in the right mindset for the rest of your day.

3. **Do a weekly wellbeing check-up**
   Ask yourself how you’re feeling mentally and physically. We’re all human and our emotions are valid.

annafreud.org/selfcaresummer