



Tips for supporting your own Well-being and Workload

Collected from the trainee cohort 2024-2025, February 2025

I make lists of everything I want to get done in a day to help me focus on what I need to

I have put in place measures to protect my sleep and my diet, as well as blocked periods of time in my calendar for getting some exercise in during the week, and I make work fit around those three pillars, it has helped me feel in control of my life.

Eat well and remember to drink.

Try to have one work free day per week if possible.

I make an effort to do things I enjoy on a Friday night. I also try to prioritise my interests and hobbies where I can, so I'll make sure I give myself a chunk of time to read in the evenings, or set aside a couple of hours to watch a film.

Coffee :).... More importantly just spending time with friends and family

The tip that helps me is persuading myself that it is the most challenging part but it will come to an end. Also, I am always reminding myself that it was my choice and I need to fulfill my dream.

Making the time to spend time with family and friends and not worry about work.

I love to read - that is something that I'm really focusing on at the moment, I'm currently my ninth book into the year, which is a huge achievement for me. I highly recommend it because it allows you to step out of reality for a little bit.

I make sure that I am in communication with my friends. They all live across the countries and making sure this is done online is really important.

Having clear working and non-working times.

Just getting out of the house I think is really important. Even if it is to just walk to the shops and pick up a snack.

Knowing not everything can be done immediately and to the best of your ability to survive, prioritising and task management is so important.

I always take time for myself (I chose not to work after dinner any day to have time for myself to decompress and relax)

Setting work patterns and sticking to them.

Trying to dedicate one evening a week that is free from work has helped me - I choose Wednesdays because I'm not worrying about lessons on Thursday!
Regular exercise, try to get good sleep, eat healthy, time for self
Exercising regularly, making time for family outings, and calling MEITT to ask questions instead of overthinking things
I protect one day a week when I don't do anything to do with ITT - I don't do much else with that time other than housework and chores but it helps keep my environment at home positive which helps for the other six days. Recognise that it is only 10 months of my life so it's worth the effort.
Time management not in workload but specifically in social life; choose whether to work every evening of the weekdays or lose a day at the weekend.
Booking in relaxation times in advance so every week is as balanced as possible and you always have something to look forward to mid week and during the weekends that helps you reset for work.
Keep weekends as free as possible during term time.
Clear up any work-related backlogs during the holidays so you are on target or ideally ahead at the start of each term/half term.
Finding something that gives you joy without adding stress.
Making the most of the school breaks.
Don't try to overload yourself.
Trying to plan when I am going to achieve certain things.
Making sure that I have at least one day on the weekend where I do not complete any school work, with PGCE deadlines etc. This is not always possible but it is something that I try where possible.
Varying my routines in my personal life, trying a new activity, engaging in different pursuits or with different people throughout the week, as sometimes the working week can be monotonous and therefore detrimental to positive well-being, thus by diversifying your free/ personal time you can feel more liberated.
Often if I am struggling to sleep due to overthinking about work or deadlines I listen to mindfulness recordings or meditations for example: https://www.mindful.org/a-body-scan-meditation-to-help-you-sleep/
Perfection is not achievable. Good enough is good enough.
Being ultra organised and planning everything that is work related/personal life well in advance to allow contingency time for unexpected events.

Thank you to all the trainees who contributed to this list!

Look after yourselves!