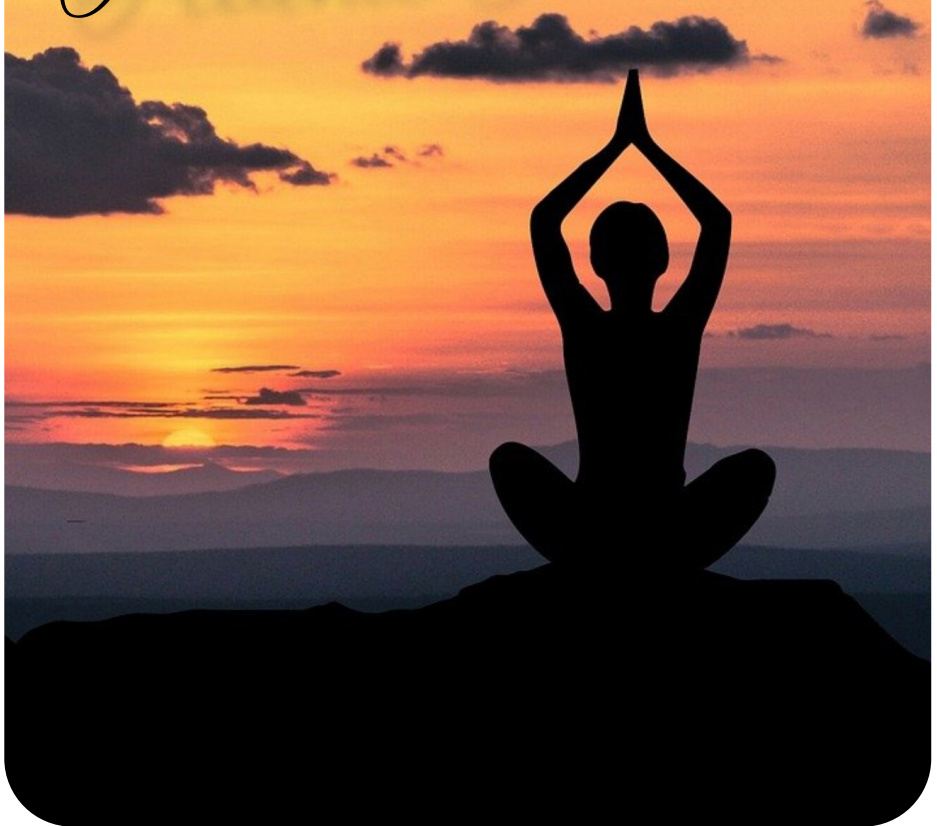


Wellbeing for Trainee Teachers



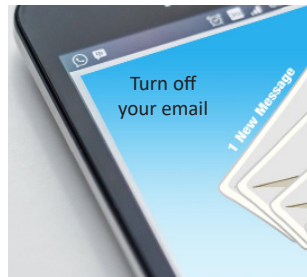
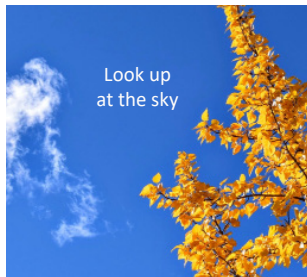
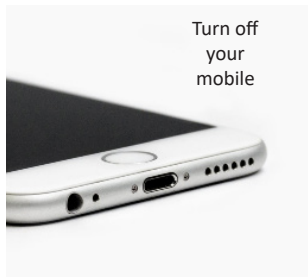
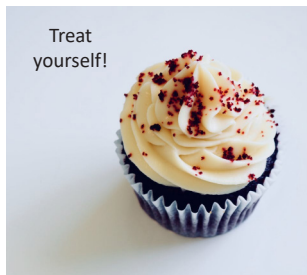
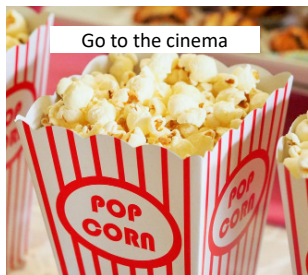
What strategies could you use?

As a trainee teacher you will inevitably face many challenges during the year as you try to balance teaching, academic work and life in general. You will have to manage the demands of producing excellent lessons for your learners alongside the academic rigour of the PGCE. Some of you might also have to balance the demands of managing a family, financial constraints or your own personal difficulties. There are several strategies and ways in which you can try to alleviate any unnecessary workload or stress. The year is tough, but remember that the team at Mid Essex ITT - your Course Tutor, Mentor, Professional Tutor and Lead Subject Tutor - will all be available to support you should you need it, and you will find you will also be able to lean on your fellow trainees.

Here are some suggestions of how you can support your wellbeing over the year:

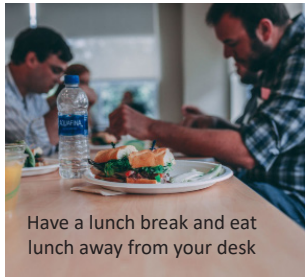


HEADSPACE®

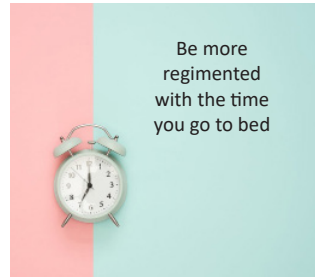




Drink
water
not
coffee



Have a lunch break and eat
lunch away from your desk



Be more
regimented
with the time
you go to bed



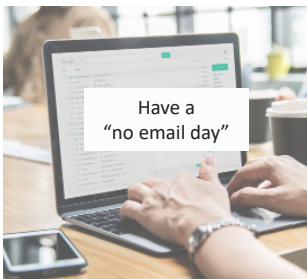
Ensure you switch off
before you go to bed



Eat more fruit



Pay it forward. Do something
nice for one of your colleagues
as it will make you feel good



Have a
"no email day"



Have designated times where
you can't receive emails or
send them



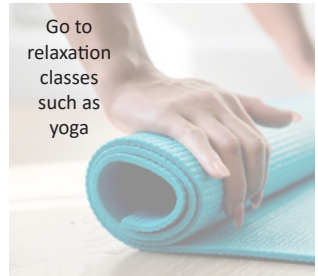
Have
a cake
break!



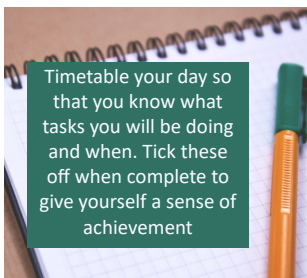
Use your
phone to
speak to
people



Use
complementary
therapies



Go to
relaxation
classes
such as
yoga



Timetable your day so
that you know what
tasks you will be doing
and when. Tick these
off when complete to
give yourself a sense of
achievement



Have
fun!



And remember - it's
okay not to be okay!

What does Mid Essex ITT do to help you?

We believe that trainee well-being is one of the most essential aspects of the training year, and this is why we continue to make this our highest priority. We believe that it is important to support our trainees in any way that we can in order to make them resilient, empathetic and robust individuals. We employ a range of strategies that we believe allow our trainees to focus on the demands of the training and academic rigour.

Some are listed here:

Weekly breakfast support prior to central training	Support network, including mentor, PT, CT and LST	Access to counselling	Wellbeing-focused Core Training sessions each year	Annual trip to the zoo
Catch-up day as and when required	Weekly wellbeing check-ins with mentors	Trainee anonymous QAC feedback through weekly link shared on Notices	Dedicated Course Tutor	Fortnightly meetings with PT
Core Training session on voice coaching and how to safeguard your voice	Offer of optional wellbeing tutorials throughout the year	Weekly mentor meetings	Open-Door Policy	Termly study days to support with workload
'Fitness to train to teach' checks	Wellbeing evaluation sent out to trainees	Professional dialogues/ Course Tutor tutorials	Flexible course content to address any current issues	Timetable amended at key points to support trainees as and when required

Useful Organisations



NHS: www.nhs.uk/nhs-services/mental-health-services/

NEU: neu.org.uk/advice/health-and-safety/mental-health-and-wellbeing

NASUWT: www.nasuwt.org.uk/advice/wellbeing-tools-for-teachers.html



Education Support Partnership

They offer a 24-hour free and confidential helpline for people working in education when things get tough. Helpline: 08000 562 561 - www.educationsupport.org.uk