Wellbeing



Because you matter too

Remember

You are doing a demanding job

It's normal to feel emotionally affected

You don't have to carry everything on your own

In the moment: stay calm & grounded

Pause

Take one slow breath before you respond

Slow your breathing: inhale 4...hold 4... exhale 6

Slow your voice, and lower it

Lower demand

Don't argue or try to reason when they are overwhelmed

Focus on calming

Reset thought

This is not about me, this is a child that is struggling

End of day switch off

Write down worries

Remember, you are making a difference, even on the tough days

It's ok to not get everything done

Do something, just for you

Think about what went well today

Think about something you are proud of doing



Simple scripts to reduce stress

When a child is overwhelmed:

"I can see this is hard for you"

"I'm here to help"

"Let's take a moment"

"We'll sort this together"

Scripts reduce pressure so you don't have to think of a perfect response

After a tricky moment

Quick reset for you

Take a breath

Get a drink of water

Physically move e.g. stretch, walk

Have a quick check-in with a colleague- talk things through, don't hold it in

Mental reset

Don't replay the incident over and over

You are not alone

It's okay to ask for help

Talk to colleagues when you need support

Also speak to the SENCO and/or teacher for support

Remember:

You are valued

You are important

You are a safe adult

You bring calm to chaos

You are helping change lives every day