

Summer Self Care to Avoid Burnout

I hope you are all well and continuing to look after yourselves and each other as we draw near to the end of another academic year.

As we all know, being an educational professional is extremely rewarding and meaningful work.

However, it can also be emotionally demanding and stressful at times which can contribute to feelings of burnout.

During the summer holidays, it is really important to prioritise self-care by trying new or well-known strategies and activities that support your wellbeing... mind, body and soul.

The Anna Freud centre have created a staff summer self-care 'toolkit' and are encouraging all staff in education to focus on their wellbeing and mental health and maximise self-care over the summer break.

The link for the toolkit is here:

<https://www.annafreud.org/media/16079/selfcaresummer-staff-toolkit.pdf>

I hope you will take a look for some top tips and ideas to reflect, rest, recharge, and replenish yourself holistically.

Here's to summer self-care..... almost there !



#teamfen #mentalhealthmatters #toptips

#wellbeingweds #summerselfcare #busttheburnout #chooseyou #maketime



Self-care summer

for
staff

#SelfCareSummer

Knowing personal limits

Having the ability to say 'no' when necessary, helps to have more of a balance in life. This summer may provide an opportunity to re-establish personal limits and boundaries. Saying 'no' to certain things can help to make space for what is most important to you.

Week 1

Supportive relationships

The summer holiday is a time to spend with the people who make you feel good. It can also be a chance to increase your support network by taking up a new activity or speaking with a professional.

Week 2

Talking

There are times when challenging situations affect us emotionally. It may be helpful to reflect on the highs and lows of the past academic year with a friend, family member or professional. Talking with a trusted person can help to process difficult experiences.

Week 3

Accepting change

Recent global events have shown us that even with the best plans, sometimes unexpected events or situations occur. Our ability to accept change and adapt can help us to manage any potential feelings of stress and cope better overall.

Week 4

Self-compassion

If you take some time to stop and reflect on the thoughts in your head, are they more positive or critical? Noticing the content of your inner voice can be a step towards creating a different relationship with your thoughts and developing more self-compassion.

Week 5

Rest

Allowing yourself time to rest is important for both physical and mental health. The pace and demands of life can make it difficult to prioritise relaxation. If you are able to, schedule opportunities for rest and recovery into your summer plans.

Week 6

SUMMER SELF-CARE IDEAS

by Blessing Manifesting



Lay back and relax a little!

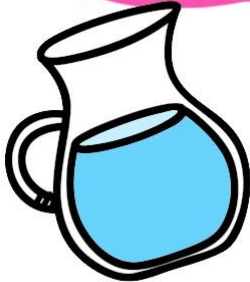
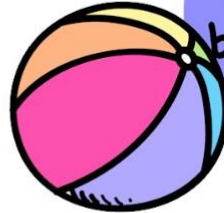
Work on loving (or accepting) your body.



Go stargazing. Learn a few constellations.

Have fun and be silly.

Hydrate like your life depends on it.



Go on an adventure.



Read a good book!

5 Wellness Tips

Eat

Eat regular meals even if you have very little appetite. Little and often is good for you. Keep up your intake of fruits and vegetables.

Exercise

Get moving. Physical activity can improve your health and wellbeing. Researchers have shown that exercise improves the psychological health of those who suffer from depression and stress.

Sleep

Sleep! Ensure that you keep regular hours as much as possible, such as 8hrs. Go to bed and get up at the same time each day regardless of whether it is during the week or on a weekend.

Get Involve

Being part of a community is good for your mental health. Improve your relationship skills, and nurture old and new friendships. Try not to isolate yourself.

Nurture Yourself

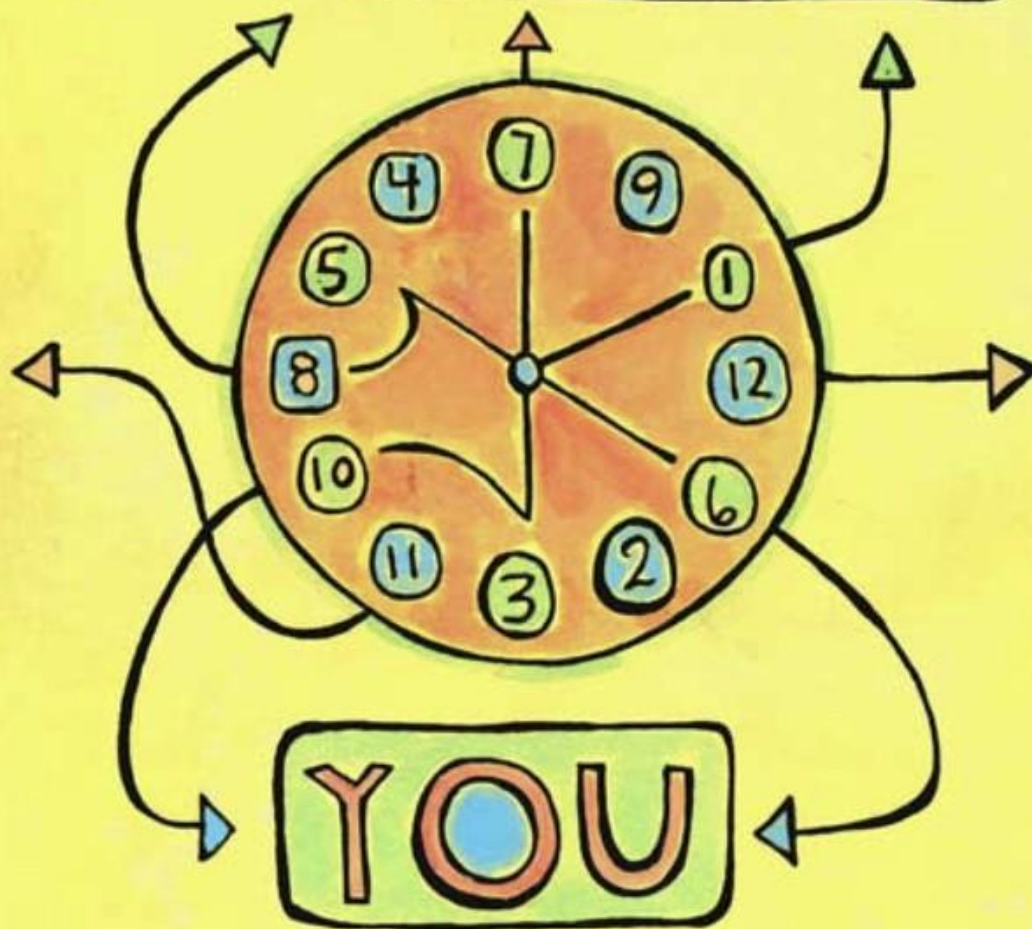
You can't give to others if you have nothing left to give. Take regular time-outs to recharge your batteries

Without giving time to own body,
mind and soul, **no one possibly can**
become a successful person. Self-care
is of **utmost importance**
for every single person
on this planet.

~ Invajy

Invajy
invajy.com

MAKE time
For **YOURSELF**



are IMPORTANT