MID ESSEX ITT

INITIAL TEACHER TRAINING

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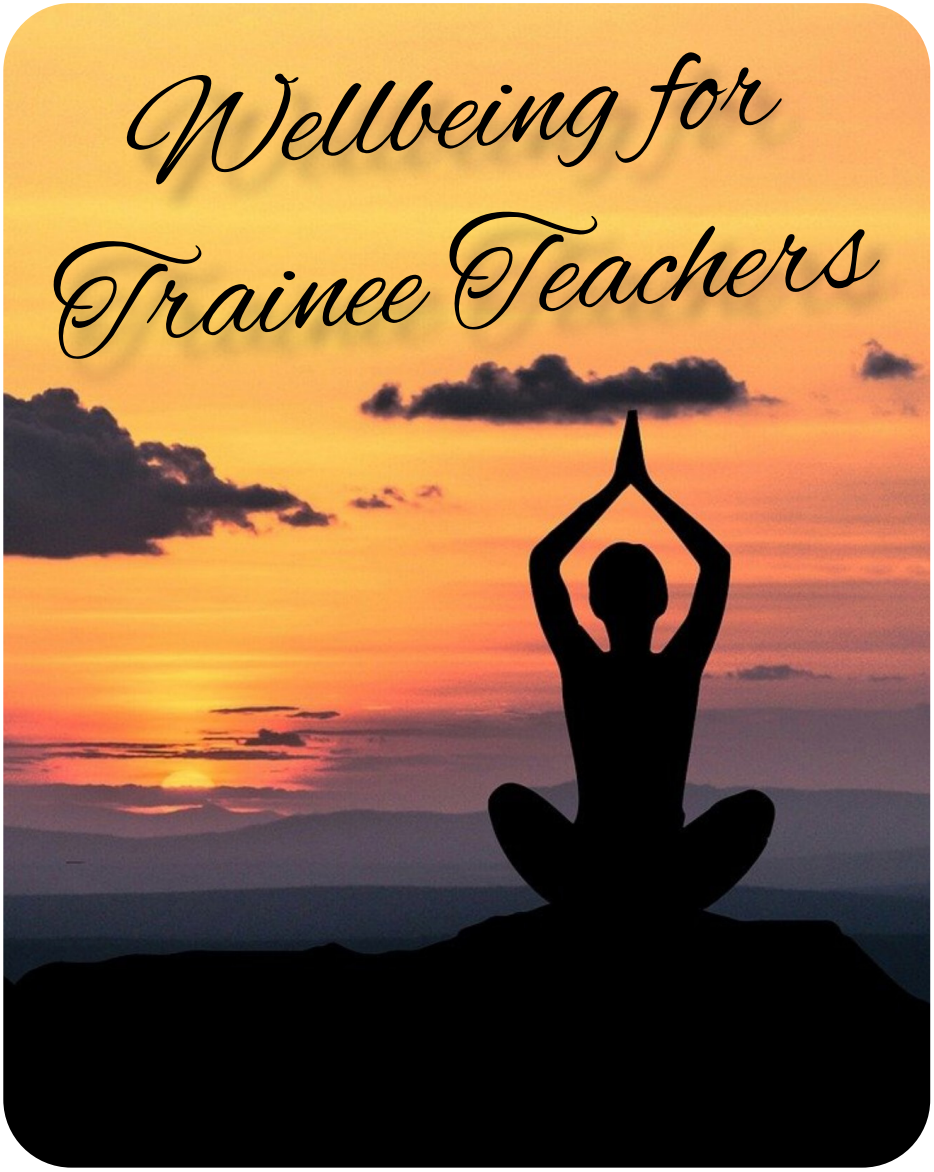
# Wellbeing for Trainee Teachers



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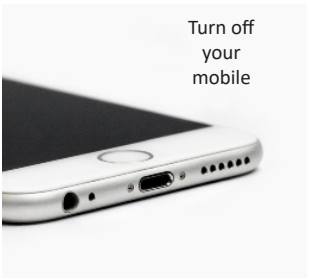
# What strategies could you use?

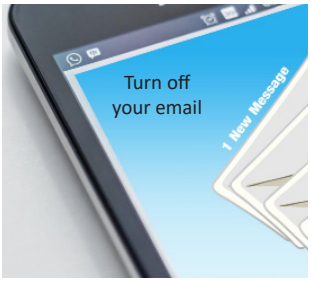
As a trainee teacher you will inevitably face many challenges during the year as you try to balance teaching, academic work and life in general. You will have to manage the demands of producing excellent lessons for your learners alongside the academic rigour of the PGCE. Some of you might also have 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:***

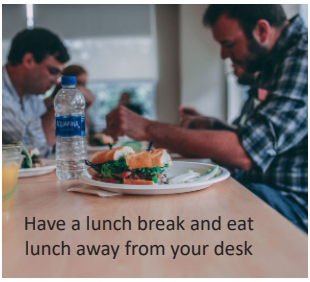
Use a mindfulness app such as Headspace to make time for yourself

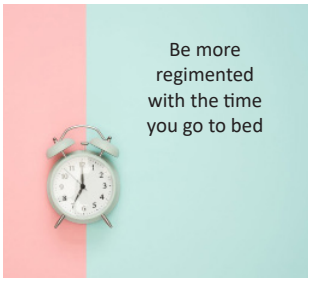
HEADSPACE®





Drink water not coffee
HEY
DRINK
WATER

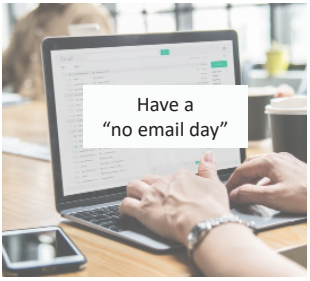

Have a lunch break and eat lunch away from your desk


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

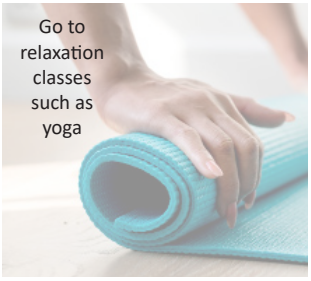

Have a "no email day"

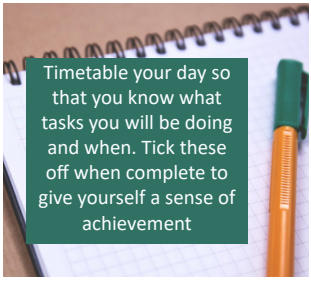
Have designated times where you can't receive emails or send them

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:***

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|---|---|---|---|---|
| **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*