



## Planning for a stress-free summer term

**As we embark on a new term, the last of this academic year, what are your thoughts about how it will unfold?**

Are they filled with excitement, enthusiasm and energy?



Or do you start like this, then the enthusiasm wanes when an excess of external (or internal) pressures arise?



The school summer term is often the busiest, usually packed out with last minute exam preparation and administration, teacher assessments, school performances, trips, sports days ... not to mention report writing and parent's evenings!

When I taught full time, each term was a new beginning and I'd start with great enthusiasm, but this could often wane.

**Here are some of the simple techniques I used to see me all the way through to the end of term.**

### 1. Pace yourself

With a little bit of planning and foresight you can ensure you have maximum energy at key times. As a starting point, on a term planner identify the weeks where you'll need most energy. Aim to expend less energy in the previous week(s) to build up your reserves.

Also, tell yourself that it's OK to **not** be working flat-out every day, all day!

### 2. Know your limits

This is about knowing when you've reached that tipping point where – if you continue – you'll become ill or stressed. Address these moments by avoiding any default **"say yes to everything"** setting you may have!

(NB Stress = **excess pressure** that affects emotional, physical or mental wellbeing and will be different for each of us.)

### 3. Create great resilience

How quickly do you bounce back from exposure to sources of stress?

Resilience isn't something you're born with, you can develop a capacity for resilience given the right work conditions and attitude. Practise techniques to de-pressurise situations, establish realistic expectations of your role, and take advantage of challenges – turn them into personal growth opportunities – this will help to make future similar situations more tolerable

**How do you ensure a stress-free (or stress-reduced!) term?**

Debbie Inglis (Education Specialist Performance Coach)

**Square Two Development Ltd**

[www.squaretwo.co.uk](http://www.squaretwo.co.uk) 01629 734 101