

Invest in Your Wellbeing in 2015

There's a growing initiative within the education community on Twitter at the moment around promoting Teacher Wellbeing, under the hashtag #Teacher5aday.

It encourages teachers to commit to goals or actions, that will support their wellbeing and personal development, under one or more of these 5 categories: **Learn, Connect, Exercise, Notice, Volunteer.** (You can find the original article on Martyn Reah's blog here: <http://martynreah.wordpress.com/2014/12/06/teacher5aday/>)

If you're thinking of investing in your own wellbeing this year, and would consider doing something under one of those headings, here are some ideas to get you started...

Learn

- A mindfulness exercise that will help you reduce stress this year
- Learn a musical instrument / a dance!
- Learn and use self-reflective techniques, such as Rolfe's or Gibbs' Models of Reflection*, to improve practice, increase confidence, etc.

*Both can be seen featured in my blog post this week: www.blog.squaretwo.co.uk



Connect

- Connect with the ever growing and highly supportive teaching community on Twitter
- Re-connect with family/friends you've not seen in a while
- Visit a TeachMeet event in your area, and connect with other like-minded professionals (they're open to all teachers, whatever their experience/role)

Exercise

- Do a 5k run this year (It's one of my goals, so get in touch if you're doing this and we can encourage each other!)
- Take 5 minutes a day to get some fresh air, take some deep breaths, and focus on relaxing different muscles
- Commit to doing a long walk once a month (whatever the weather!)

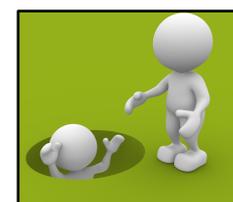


Notice

- Notice what you do well and celebrate it!
- Notice what's important to **you**, and take action to ensure it's part of your life
- Be more mindful of what's going on around you; enjoy & appreciate the moment

Volunteer

- Volunteer your knowledge/expertise & help a colleague who is finding something difficult or challenging
- Volunteer at a charity event this year
- Volunteer your experience in some way to help another school



Whatever your plans are for this year, make sure your wellbeing is part of them!