

## Staff Wellbeing Advice

Please find below some links to website and information you may feel useful. Please refer to the wellbeing diagram for any further guidance.



# Tough day?

## We're listening.

Sometimes work (or just life) can be tough. The Education Support Partnership is here for you. We offer a 24 hour free and confidential helpline for people working in education.



Free confidential helpline  
**08000 562 561**

Registered charity 1161436



The charity for the  
education workforce

### **Staff Clubs and Events**

At Hardenhuish School, staff can benefit from a number of clubs and events, including:

#### Run Club

Why not join your colleagues in the Hardenhuish Running group! The support from others may help you to achieve new goals and spend time with your colleagues. The group is open to all members of staff of all abilities.

#### Friday Football Club

A great way to finish the week and spend time with colleagues. All members of staff and all abilities welcome.

#### Staff Choir

Come and join the staff choice, anyone is welcome!

### **Outside Support Agencies**

Acas - [www.acas.org.uk](http://www.acas.org.uk)

Acas gives employees and employers free, impartial advice on workplace rights, rules and best practice. We also offer training and help to resolve disputes.

Mind – [www.mind.org.uk](http://www.mind.org.uk)

We provide advice and support to empower anyone experiencing a mental health problem. We campaign to improve services, raise awareness and promote understanding.

Citizens Advice – [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

We give people the knowledge and confidence they need to find their way forward – whoever they are, and whatever their problem. Our network of charities offers confidential advice online, over the phone, and in person, for free.

Relate – [www.relate.org.uk](http://www.relate.org.uk)

We are the UK's largest provider of relationship support, and last year we helped over two million people of all ages, backgrounds, sexual orientations and gender identities to strengthen their relationships.



### **Keeping Fit and Healthy**

Use relaxation techniques: Having a bath, listening to music, taking the dog for a walk.

Try to set aside some time for activities which help you to relax.

Develop your interests and hobbies – Why not try something new? Take up a new hobby or try an activity that is totally different.

Make time for your friends and family. Try to relax and spend time with loved ones to take your mind off work.

Find balance in your life: Try to focus your energy on parts of your life other than work. Friends, family or even hobbies. It isn't easy, but it may help to spread the weight of the pressures and make everything feel a little lighter.

Looking after your physical health can also help you to look after your mental health and reduce feelings of stress: get enough sleep, eat healthily and be active. There are lots of different types of exercise and lots of online apps to help, including MyFitnessPal, Couch to 5K and Strava.

**For more information about staff wellbeing tips and support as well as videos and articles, take a look at the Wellbeing Tab in the Staff area on SharePoint.**