12 WAYSto boost your wellbeing

PURSUE HAPPINESS

Find the time to see those people, go to that gig and so on

11

minutes

10

12

KEEP A JOURNAL

This will help you decide what is working for you and what isn't

IMPROVE YOUR DIET

Some foods can leave us feeling sluggish. Remember: the five-a-day rule is for

KNOW YOUR WARNING SIGNS How can you tell that

stress is affecting your wellbeing?

1

TAKE POSITIVE ACTION

Carrying on regardless isn't good for you or your pupils

3

MASTER YOUR MINDFULNESS

Focus on your bodily sensations and bring yourself into the present moment

EXPLORE THE EXISTING RESEARCH

New wellbeing techniques are being developed all the time

The relationship we have with ourself has the greatest influence on our wellbeing at work

Here are 12 tips for



Read the full blog post on boosting your wellbeing at **oego.co/12-tips**

improvement with

colleagues



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