



Cumbria NUT

Promote POSITIVE Mental Health Today

Focus on what you can do, and not what you can't

Learn to say 'NO' occasionally

Don't feel guilty if you couldn't finish everything in one day

Accept you *may* not be perfect!

Identify the issues that cause you the most stress.

Have a plan to tackle those pressures, one at a time.

Don't be afraid to share your concerns with others, ask for help.

Take 'time out' everyday to do something you like for yourself.

Build a healthy work/life balance into your daily life.

You have only one life; be sure it's a happy one.



**Self-Care is a
priority and necessity
- not a luxury -
in the work that we do.**

The Health and Safety at Work etc Act 1974 says every employee has a duty to take reasonable care to ensure that they do not endanger themselves by their work activities. Teaching is a stressful job **250,000** school days lost to teacher stress over the last year. *Be aware of the risks to your Mental Health and act positively now.*

Help and information on Mental Health Awareness & ***Mental Health First Aid Training*** available from www.nutcumbria.org or call Cumbria H&S adviser **07743758019**

