



Feel Outstanding!

# Standish's Six

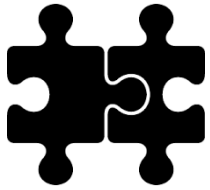
## Top tips for teacher mindfulness and wellbeing

### 1 Take a deep breath

*When things start to get hectic, take a moment, count to ten and slowly start to concentrate on your breathing. This will clear your mind and give you an opportunity for clarity. Remember, you are making a difference to the students.*



### 2 Connect and relationships



*Connect with the people around you: your family, friends, colleagues and neighbours. Spend time developing these relationships.*

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### 3 Be active

*You don't have to go to the gym. Take a walk, go cycling or play a game of football. Find an activity that you enjoy and make it a part of your life.*



### 4 Keep Learning



*Learning new skills can give you a sense of achievement and a new confidence. So why not sign up for that cooking course, start learning to play a musical instrument, or figure out how to fix your bike?*

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### 5 Give to others

*Even the smallest act can count, whether it's a smile, a thank you or a kind word. Larger acts, such as volunteering at your local community centre, can improve your mental wellbeing and help you build new social networks.*



### 6 Make time for you

*Give yourself one evening a week where you leave on time and spend that with your family, friends, or an evening to yourself. The next day you'll be more motivated and productive by giving that time!*



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