

The challenges faced by educators have been amplified as they navigate recent disruptions. More than ever before, educators at all levels are stepping up into unexpected roles, and taking on additional responsibilities. This can add to the already complex and high pressured environments in which they work. The following evidence informed considerations and actions are suggestions to support wellbeing.



Connecting with social supports protects wellbeing and promotes social capital.

Engaging in conversations to share thoughts and feelings can normalise emotions.

Checking in with family, friends and colleagues helps to foster compassion.



Communicating with integrity and clarity nurtures trust and is a foundation for wellbeing.

Sharing the reasons behind your thinking can help to show transparency.

Being outwardly curious about the ideas of others can foster respectful relationships.



Activating purposeful collaboration across the school, families and community promotes connectedness.

Engaging with existing networks can provide support.

Creating meaningful opportunities for participation can enhance a sense of belonging.



Recognising the impact of events on feelings, thoughts and actions builds empathy and compassion.

Having realistic expectations of yourself and others helps generate empathy and understanding.

Acknowledging and validating feelings can enhance a sense of safety and security.



Maintaining perspective is essential to navigate challenges and sustain wellbeing.

Stepping back and actively seeking other viewpoints can help provide perspective.

Reflecting on what you are grateful for is one pathway to an optimistic mindset.