



# Teacher Wellbeing During Exam Time

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## Our members have shared advice on the best ways teachers can practice self-care, and how schools can help boost morale among staff.



**Time Out:** 'Me-time' during exam season is essential since you are busy delivering several revision sessions and marking papers. Prioritise time with family and friends, leave room in your weekend for leisure activities, and reward yourself for working hard at school.



### Take care of your physical health!

- mental well-being and physical health are firmly linked. Arrange an end of week activities such as football, basketball, Yoga, Chess,

hiking etc to bring staff together. Ask staff what they would like and go with this!



**Seek support** - exam season can be challenging, and it's easy to

feel overwhelmed. These feelings are part of human nature, and we are human too. **Speak to trusted colleagues and ask them for support and advice.**



**Special Deals:** Set up a programme where employees can access discounts at local businesses, like car washes, restaurants, and cafes. Highlight these deals in staffrooms and newsletters. Encourage people to take advantage of the service.



**Feelgood Friday:** During exam season, bring everyone together at the end of the week by arranging Friday treats for all staff in the staff room or hosting a social gathering to get everyone together.

If you have any tips **let us know** on social media and feel free to add your own ideas too!



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