

# Sector Capacity Building Program

## Supporting Educator Wellbeing to Support All Children



The following tips have been collated as a starting point to support educators during this challenging time. While an educator's role requires you to provide a safe and secure environment for children, it is vitally important to look after your own wellbeing. Stress impacts all of us in various ways. Keeping issues in perspective can be difficult when stress is significantly impacting on you. Practicing self-care strategies can help reduce stress and puts you in a better position to support the wellbeing of others.

For more detailed information and support, we recommend that educators refer to Be You.

### Tips for self-care:

- Take control - While it's important to keep informed, it's also essential to give yourself permission to disconnect from media reports and conversations around the area of stress.
- Maintain routines – During times of change and stress, prioritise tasks, set achievable routines and being flexible to help manage the tasks of most importance.
- Stay connected – Maintaining connections with family and friends is important, even if online or via the phone. Reach out and share your concerns with others. Everyone needs someone to talk to, especially when we are feeling overwhelmed.
- Collaborate - discuss challenges with your colleagues and reflect collaboratively. You are all going through these issues together.
- Look after yourself – Pay attention to your own needs and feelings. Find a routine that will work for you and includes enough sleep, physical activity and a healthy, balanced diet. Engage in activities that you enjoy and find relaxing.
- Know your limits – Supporting others can be overwhelming. It is okay to take a step back and say 'no' when you need to.
- Ask for help – whether it's professional or personal, don't hesitate to ask for help from those that care about and support you.
- Make use of resources available such as wellbeing websites and apps (see below).

### For further information:

The Be You website provides educators with resources and strategies in relation to self-care and mental health.

<https://beyou.edu.au/>

Smiling mind has a free meditation and mindfulness app with programs for both adults and children.

<https://www.smilingmind.com.au/>