

Workload & Wellbeing Conference



# Staff wellbeing

30 September 2020

About Education Support

Better wellbeing  
leads to  
better  
education



The slide features a solid orange background with two large, semi-circular decorative elements in a darker shade of orange, one in the top right and one in the bottom left. The text is centered on the left side of the slide.

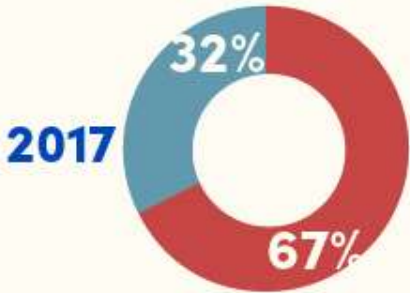
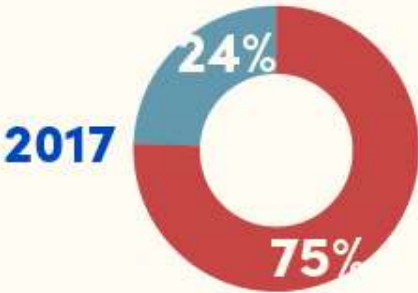
# Teacher Wellbeing Index 2019 Context

# Levels of Stress

## Senior Leaders

## School Teachers

## Other Roles

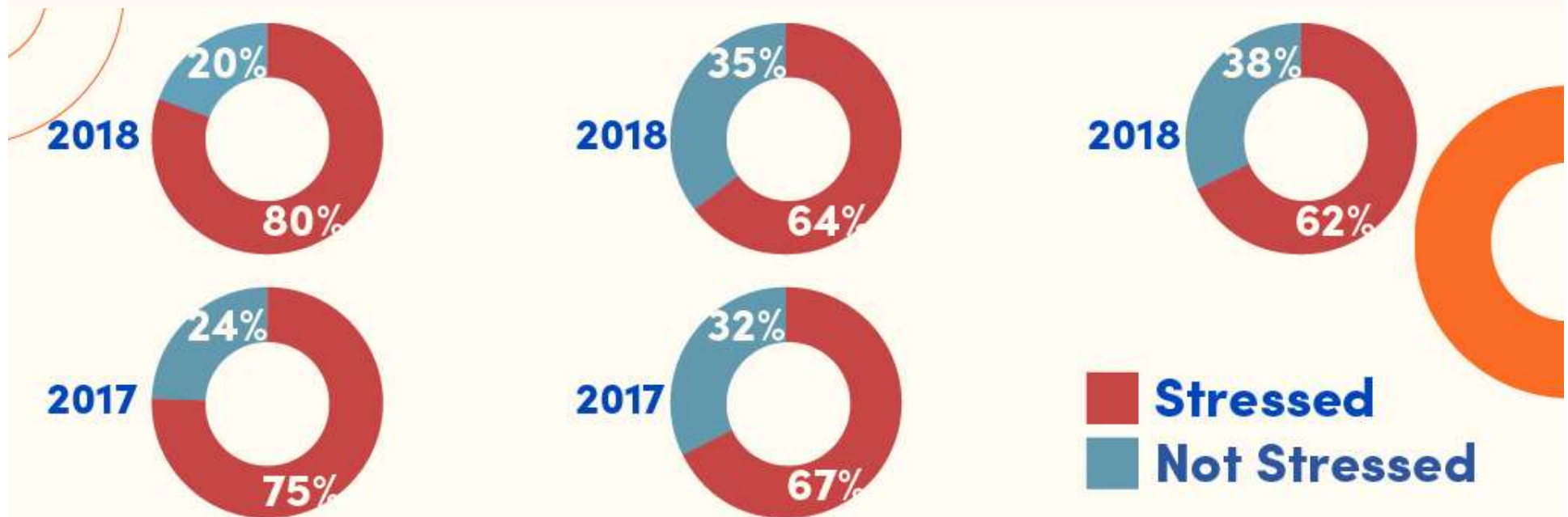


# Levels of Stress

## Senior Leaders

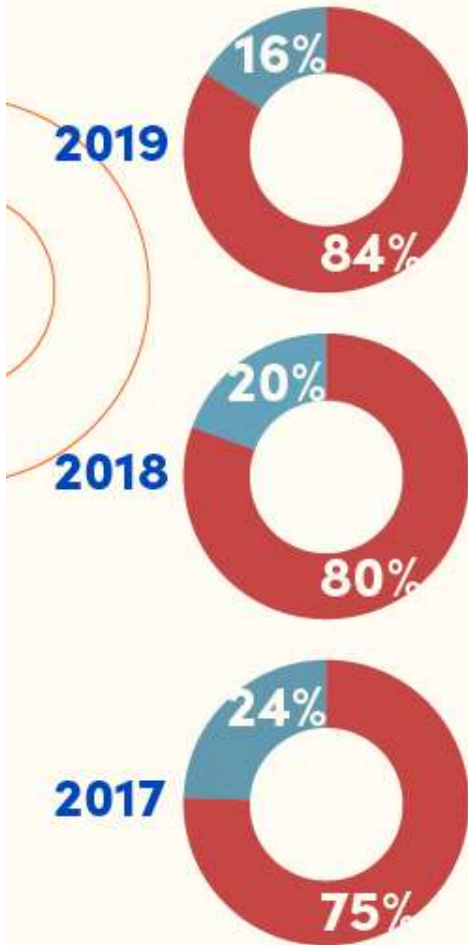
## School Teachers

## Other Roles

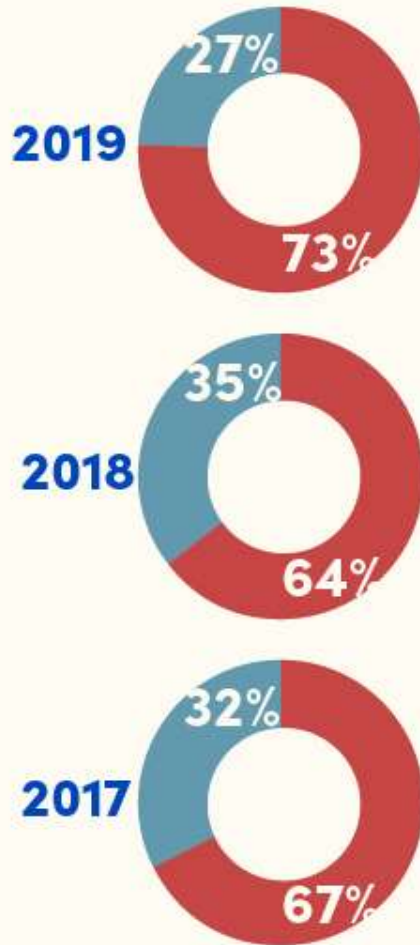


# Levels of Stress

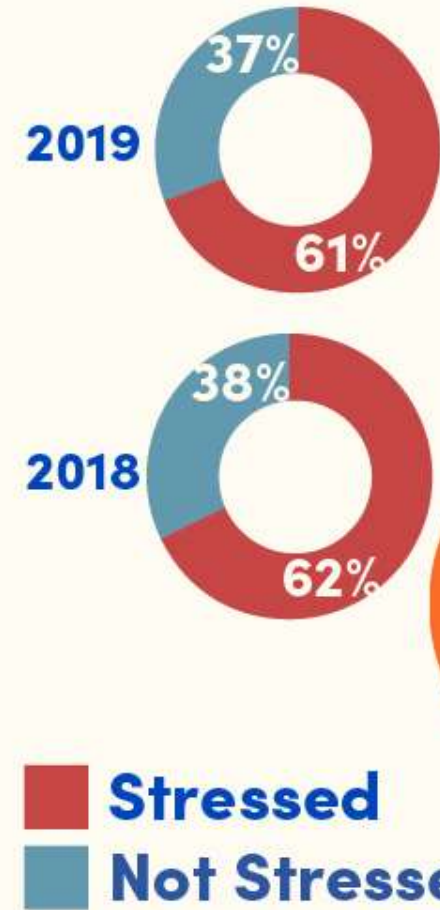
## Senior Leaders



## School Teachers

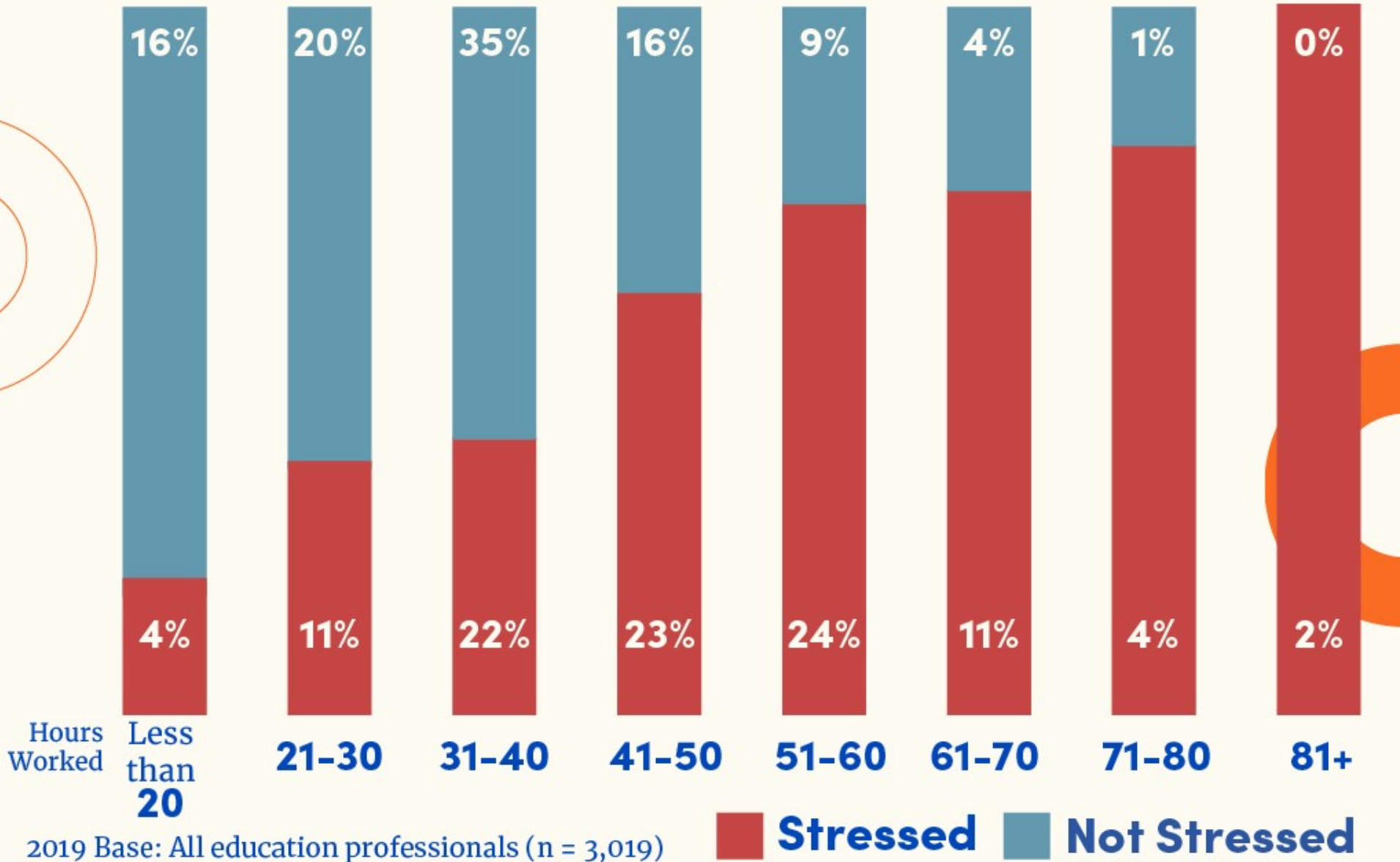


## Other Roles



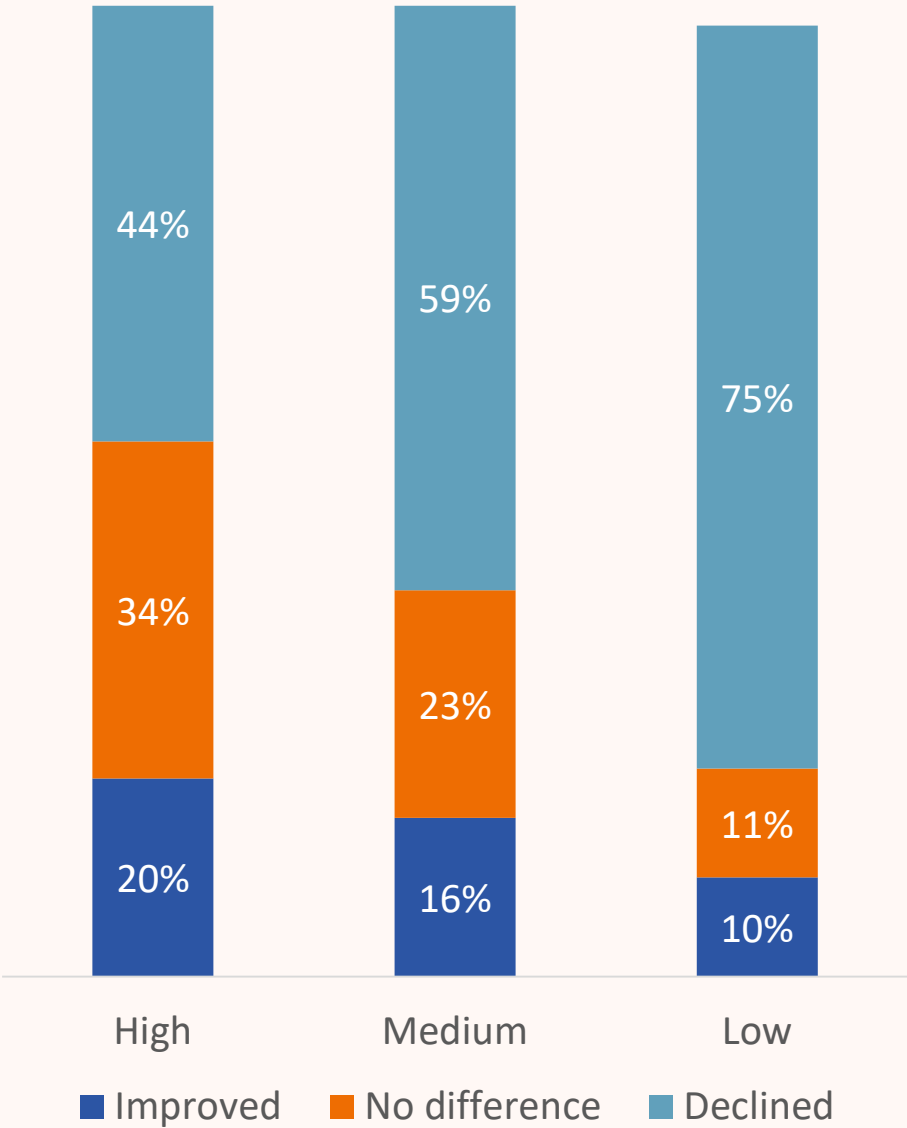
**Stressed**  
**Not Stressed**

# Working Hours => Stress





Resilience during lockdown



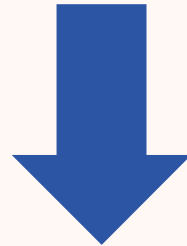




workload

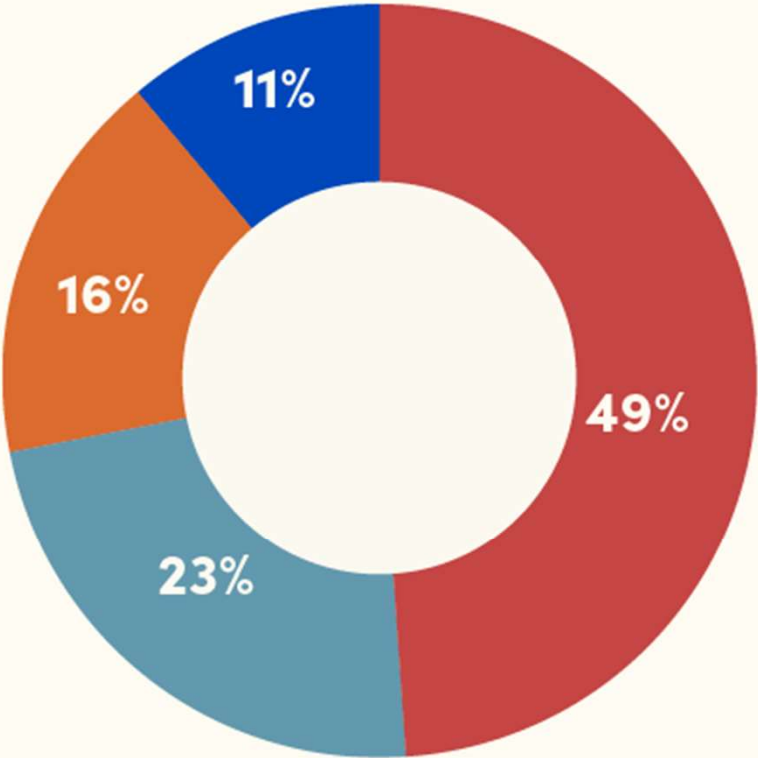


resilience



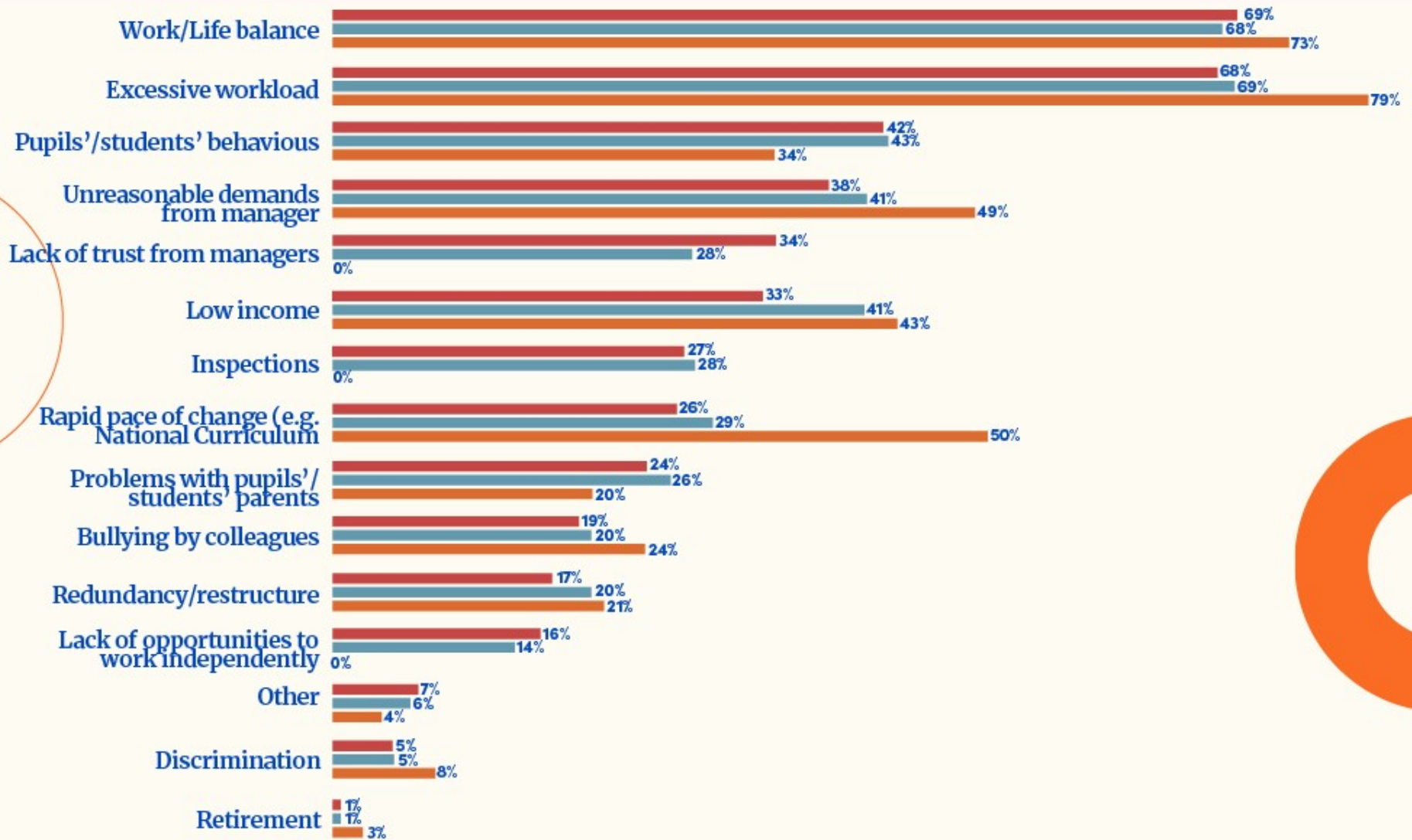
mental health

# Organisational Culture



- Positive effect
- Negative effect
- No effect
- Don't know

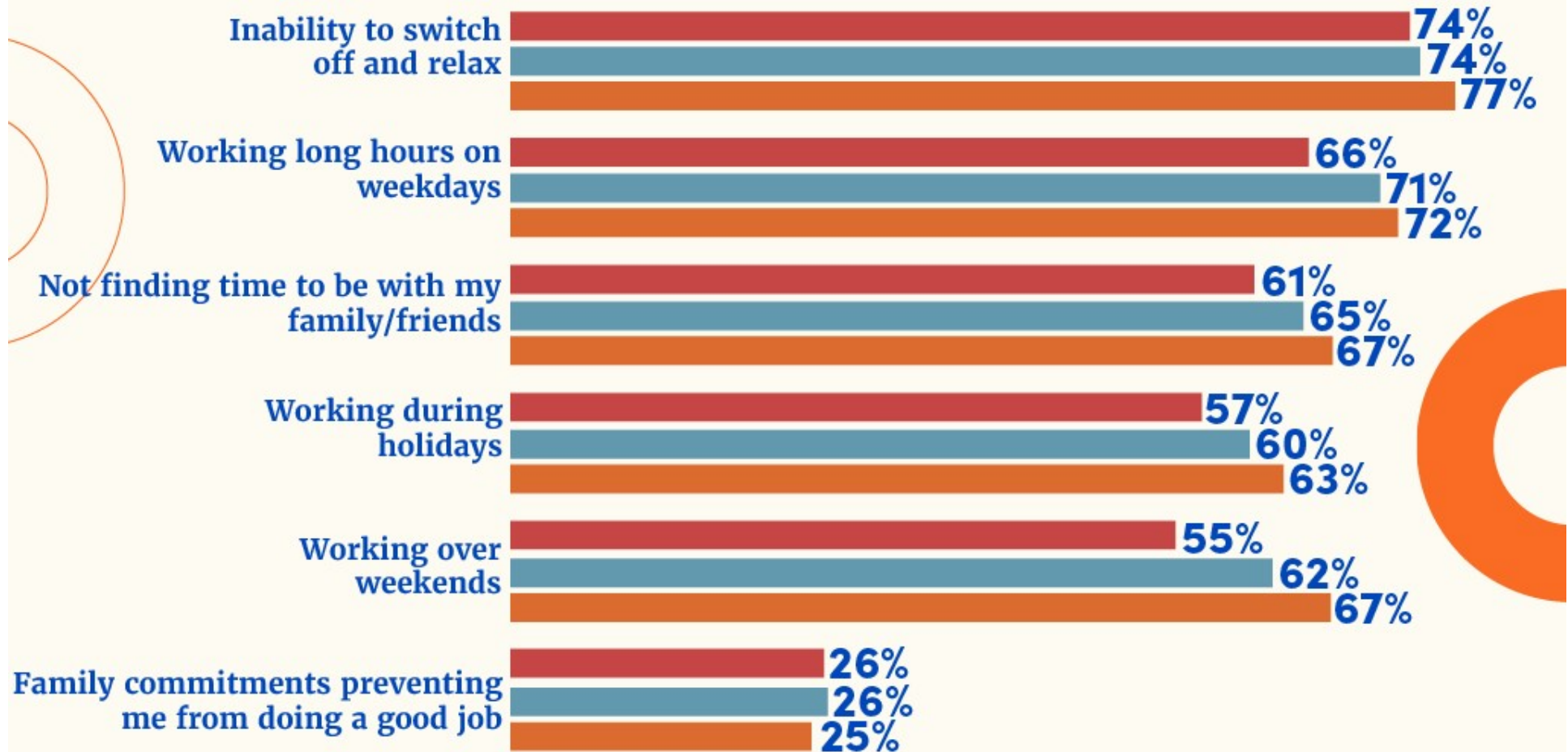
## Work-related issues



2019 Base: All education professionals (n = 815)  
 2018 Base: All education professionals (n = 314)  
 2017 Base: All education professionals (n = 124)

2019 2018 2017

## Factors Contributing to Negative Work/life Balance



2019 Base: All education professionals (n = 3,019)

2018 Base: All education professionals (n = 1,187)

2017 Base: All education professionals (n = 987)

2019 2018 2017

The background is a solid red color. There are two large, semi-circular shapes in a bright orange color, one in the top right and one in the bottom left, partially cut off by the edges of the frame.

What can  
we do?

Sustainable future

Professional identity & trust

Accountability

Health at the heart

**System**

Culture & leadership

Type of work

**Workplace**

Line management

Voice & decision-making

**Individual**

Autonomy

Emotional content



Switching off

Realistic expectations

Boundaries

“Not working”

Self care

Role models

Vulnerability

Individual not just task





# The mental health and wellbeing support available to education professionals



[educationsupport.org.uk/wellbeing-index](https://educationsupport.org.uk/wellbeing-index)  
#TeacherWellbeingIndex

© 2019 Results of a YouGov survey of 3,019 education professionals by Education Support



The charity for everyone working in education

Signs to watch out for

sense of dread feeling on edge  
difficultly concentrating irritability  
tiredness irregular heart beat  
excessive sweating shortness of  
breath nausea headaches insomnia  
tension in chest or stomach  
tearfulness flatness overwhelm full-up

Exercise

Nutrition

Moderate sugar & alcohol

Good sleep habits

Moderate social media consumption

Gratitude

Be creative

Talk about feelings

Accept uncertainty

Recognise & accept that a wide range of responses is  
'normal'



## Education Support

Free support and advice for individuals  
Wellbeing services for schools & colleges  
Research and advocacy for improvement



Education Support

**Helpline 08000 562 561**

*Independent, confidential, free*

**Access to grants, information, resources**

**[www.educationsupport.org.uk](http://www.educationsupport.org.uk)**

Twitter @EdSupportUK @McBreartySinead