

For access to supports for STF members, go to the members only page and check out the Mental Health and Wellness Brochure

September Mental Health and Wellness Theme: Flexible Working

based on *Wellbeing Calendar 2022*

<https://wellbeing.lifeworks.com/ca/newsletter-content/wellbeing-calendar-2022/#>

Although teachers can seldom ask for different flexible working hours we find we need to be flexible in our work every day! To help with the September rush and start up here are 2 articles you might find inspirational or helpful!

Teacher wellbeing: how to mentally prepare for a new school year

Click the link if the following subtitles interest you:

- *Listen to your body*
- *Try mindfulness techniques*
- *Build up your emotional resilience*
- *Get your work-life balance right*
- *Do a bit of work (yes -really)*
- *Rehearse saying no*
- *Get to know yourself and how you feel*
- *Set yourself small achievable goals*
- AND SO MUCH MORE!

<https://www.theguardian.com/teacher-network/teacher-blog/2014/aug/20/teacher-wellbeing-how-to-prepare-for-new-school-year>

Self-Care: Getting Mentally Prepared for a New School Year

- *Teachers often put themselves last, working hard to ensure that others are okay and deadlines are met. Building an intention practice can help teachers remember to take care of themselves when things get busy.*

- *Remember that, if you're not well (mentally, physically, or emotionally), you're not able to be there for your students in the way you want to be."*
- *"Try to start each day with a focused intention to take things one step at a time, to be present as much as possible.*
- Check out the website for more great suggestions and helpful ways to take care of yourself.

<https://resilienteducator.com/lifestyle/self-care-new-year/>