**Teacher Well-being during Corvid-19 and Lockdown**

NHS Guidance: Mental well-being while staying at home

<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/>

Mental Health Foundation

<https://mentalhealth.org.uk/coronavirus/staying-at-home>

How to stay positive in the Coronavirus world by Prof. Ben Laker

<https://www.forbes.com/sites/benjaminlaker/2020/03/13/how-to-be-positive-in-the-coronavirus-world/>

Covid 19 coronavirus: 10 tips to help your wellbeing during lockdown - <https://www.nzherald.co.nz/nz/news/article.cfm?c_id=1&objectid=12319480>

Nourish Community The Online Community for ethical women in education

<https://nourished-collective.mn.co/>

The Education Support Partnership. Headteacher Blog (Darren Morgan) on coping with the coronavirus pandemic.

<https://www.educationsupport.org.uk/blogs/7-tips-headteachers-coping-coronavirus-pandemicv>

The GTC in Scotland have put this together

<https://gtcsnew.gtcs.org.uk/News/news/health-wellbeing.aspx>

Excellent blog by Emma Turner (@Emma\_Turner75) about [lightening the responsibilities of leaders](mailto:Excellent%20blog%20by%20Emma%20Turner%20%20(@Emma_Turner75)%20about%20lightening%20the%20responsibilities%20of%20leaders)

World Mental Health Day: “[we reduced sick days and staff turnover through action on teacher wellbeing](https://teaching.blog.gov.uk/2019/10/10/world-mental-health-day-we-reduced-sick-days-and-staff-turnover-through-action-on-teacher-wellbeing/)” DFE Teaching Blog

**Podcasts**

Naylor's Natter

Kat Howard - <https://podcasts.apple.com/gb/podcast/stop-talking-about-wellbeing-with-kat-howard/id1448601060?i=1000447602637>

Lisa Fathers - <https://podcasts.apple.com/gb/podcast/mentally-healthy-schools-work->

[teaching-school-lisa/id1448601060?i=1000460865978](https://podcasts.apple.com/gb/podcast/mentally-healthy-schools-work-)

Bukky Yusuf - <https://podcasts.apple.com/gb/podcast/teacher5aday-week-and-teacher-wellbeing-with-bukky-yusuf/id1448601060?i=1000458161867>

Halcyon Education Podcasts on Mental Health

<https://halcyon.education/podcasts/>

We are in Beta - Hannah Wilson - <https://weareinbeta.substack.com/p/hannah-wilson-executive-headteacher>

From Page to Practice Podcast -<https://pagepracticepodcast.podbean.com/e/episode-12-stop-talking-about-wellbeing/>

Angie Brown – Podcasts

<https://podcasts.apple.com/gb/podcast/the-nourished-collective-podcast/id1477607465#episodeGuid=Buzzsprout-3082066>

Hygge sessions: this is an interesting one….a little more about the “being” of being alone

Hygge = Experience of being together, looked after and cosy

#1 What is hygge? <https://soundcloud.com/user-888424125/hygge-sessions-1-so-what-is-hygge>

#2 Belonging <https://podcasts.apple.com/gb/podcast/the-nourished-collective-podcast/id1477607465#episodeGuid=Buzzsprout-3082066>

#3 Hygge: Place and Space <https://soundcloud.com/user-888424125/hygge-sessions-3-place-space>

#4 Hygge: self-isolation and isolated <https://soundcloud.com/user-888424125/hygge-sessions-4-self-isolating-and-isolated>

More on the website…

**Free activities for staff that aren’t teachers**

I know most schools have/are creating virtual learning and I know there are a loads of sites with this sort of thing, but the TES are offering free activity download sheets with videos, puzzles, games, quizzes etc – believe they already have about 20+ days uploaded You may have to create an account, but they may offer some support.

Google “*tes covid-19 day*” and they should pop up (example below)

<https://www.google.com/search?rlz=1C1CHBF_en-gbGB866GB866&ei=UWp6Xtz6B_uX1fAPzJaTiAI&q=tes+covid-19+day+&oq=tes+covid-19+day+&gs_l=psy-ab.3..33i160.2585.2585..2885...0.0..0.106.257.2j1......0....1..gws-wiz.GsJZjbObCoo&ved=0ahUKEwic55HG9rPoAhX7SxUIHUzLBCEQ4dUDCAs&uact=5>

 