

Your wellbeing toolkit

This Artsmark Celebration Week, we're celebrating you, our amazing Artsmark teachers, who we know go above and beyond to bring learning to life for pupils.

We understand that you're under more pressure than ever before, which is why alongside championing young people's wellbeing, we want to support yours too. We know behind every pupil is a supportive, hardworking teacher so we've put together this wellbeing toolkit to help you manage your mental health and wellbeing. There's even some fun, creative activities for you to get involved in!

Wellbeing for teachers

[Twinkl and Mind](#) have teamed up to create a fantastic toolkit especially for teachers which is free to download. Curated by and for teachers they focus on reducing stress and offer practical self-care tips to use inside and outside of the classroom.

[Schools in Mind](#) is a free network for school staff which shares practical and academic expertise about how to support wellbeing in your schools. This includes free [resources](#) that can be used in the staff room to help teachers manage their own mental health.

[Festival Bridge](#) offer a series of Mental Health and Wellbeing CPD for teachers to support your creativity, mental health and wellbeing on returning to the classroom. Featuring online talks and discussions from expert guest speakers across a wide variety of topics there's lots to explore as part of this fantastic resource.

Other mental health resources

[Mental Health First Aid](#) (MHFA) offer online mental health training alongside a whole host of fantastic, free online resources. This includes how to manage your stress levels at work, tips and tricks to support your wellbeing all year round and online tutorials when you need a quick five-minute stress buster.

[NHS Every Mind Matters](#) has a range of helpful resources in relation to Covid-19, including how to manage trouble sleeping, dealing with loneliness and managing work and home life.



Creative activities to support you

Creative activities can play a vital role in helping manage your mental health and wellbeing. At Artsmark we often talk about how arts and culture can support young people, but we think it can support staff too! Find some of our favourite creative activities below, so whether you've got five minutes, fifteen or even longer, you can get creative and feel good.

- A New Direction, one of our Bridge Organisations, designed [Creative Wellbeing at Home](#), a series of video CPD sessions focussed on wellbeing, balance and leadership which are explored through creative play.
- Sophie Cliff, aka [The Joyful Coach](#), has lots of great ideas on her [blog](#) about how we can invite and even plan (!) more joy into our lives. If you find making lists and plans therapeutic then you'll love Sophie's energetic ideas and templates for joy alongside her podcast, [Practical Positivity](#).
- [Action for Happiness](#) provide free monthly calendars packed with actions you can take to help create a happier and kinder world. We love setting these as our desktop backgrounds to remind us to take one action for happiness each day.
- If you're looking for some creative inspiration then check out [64 Million Artists](#) project [Do, Think, Share](#) which suggests bite-sized prompts to get your creative juices flowing. From writing, to walking, photography and cooking, there's something for everyone to enjoy.

However you use creativity to manage your wellbeing, we want to hear about it! Get in touch with us on [Twitter](#) using #CelebrateArtsmark and we'll be sharing our favourites throughout Artsmark Celebration Week.

