



08000 562 561
HELPLINE

GRANTS

DONATE

Coronavirus update: We continue to be here to provide mental health and wellbeing support to all education staff.

Ideas for creating a more balanced Wheel of Life

Here are some ideas to help you create **your Wheel of Life:**

Career and work

- Review what you want to do with your career and what steps you need to take
- Meet with your line manager and discuss ways to increase your skills, development and responsibility in your job
- Take on a new project or area in school that increases your skills
- Get a mentor
- Go on relevant training

Family, partner and love

- Work flexibly; speak to your manager about working a day from home or less days a week
- Spend more time together on shared interests or pursuits. Plan date nights
- Take children to school or pick up once a week
- Read to children before they go to bed

- Have video and popcorn nights with kids/family or find programmes you all enjoy
- Call your parents once a week
- Schedule in family holidays

Growth and learning, recreation and friends

- Learn something new
- Read a book a month
- Read the papers once a week
- Listen to a TED talk once a week
- Join a group (book group, amateur dramatics etc.).
- Go on a holiday focusing on an interest e.g. cycling holiday
- Learn to play an instrument
- Arrange enjoyable activities to do with friends
- Put dates in diaries with friends
- Volunteer
- Become a school governor
- Join a park group
- Organise a street party

Money and finances

- Speak to a personal financial consultant
- Audit your expenses and incomings and work out how to spend less
- Work out how much you want to earn and what you need to do to get that
- Reduce debt on credit cards
- Find cheaper ways to buy what you need e.g. change grocer or utility provider
- Save money each month by putting a percentage of your salary into a savings account

Spirituality

- Volunteer
- Become more involved in religious, community or spiritual groups
- Go to religious or spiritual classes or lessons
- Meditate or do mindfulness exercises
- Give to charity

Health and welfare

- Start therapy
- Go to the gym
- Run once a week
- Play tennis. Walk to work once a week
- Cycle rather than drive
- Go for a long walk once a week
- Go to yoga
- Meditate
- Get a dog
- Have walking meetings
- Journal
- Take one night off a week and leave school early
- Keep a list of all tasks, prioritise and schedule time to do these

Environment

- Work out the environment that you prefer to live and work in, see what is possible
- Plan times in environments that work for you e.g. being out in nature, or working in a library
- Review your working and home environment, see what improvements you can make

What can you do?

- **Creating a Wheel of Life**
- **Call our helpline for emotional support: 08000 562561**