




# THRIVING IN PRIMARY & EARLY YEARS EDUCATION:



## A WELL-BEING TOOLKIT FOR EDUCATORS.

If you've ever felt like there's no space for you in your own day & every moment is spent meeting the needs of others, you're not alone.

Early years educators are some of the most overworked and emotionally stretched professionals. But what if there was a way to feel more in control of your day, and switch from running on empty to having more than enough energy for your roles in both work & your life?

This toolkit provides simple, no-nonsense insights that can help you navigate the daily demands without adding extra to your plate. Let's get started! 

# 1: Quick Self-Assessment:

Step back into your power & reclaim your energy. When you are able to connect with yourself, assess your state then pivot you'll create an internal habit that steers you away from burnout & toward feeling centred & strong in your wellbeing.

## Where's Your Energy Going?

Rate yourself between 1-5 (1 - I feel great, 5 - highly relate) on the following:


- By the end of the day, I feel physically and emotionally drained.
- I find it hard to switch off and relax after work.
- I feel like I give everything to my job and have little left for myself.

## What your score means:

**3-6:** You have some stress but manageable energy.

**7-12:** You're likely feeling stretched and could benefit from small shifts.

**13-15:** You may be running on empty, prioritising your well-being is essential.

Click [here](#) to access the guided Energetic check-in tool to help you realign. 

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## 2: Small Shifts, Big Impact Cheat Sheet:

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Try these three quick strategies to help you feel more in control of your day:

**The 10-Second Reset:** Release stress quickly by pressing your feet into the ground, inhaling deeply, and sighing out loud.

**The 'Pause & Pivot' Reframe:** When a challenge feels overwhelming, pause and ask: Is this urgent, or am I overstimulated?

**The One-Minute Mind Saver:** Between tasks, take 60 seconds to close your eyes and breathe. Increased oxygen intake sends a signal to the brain & your nervous system that it is safe to exit a stress response.

These strategies take minimal effort but can create noticeable shifts.

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### 3: Energy balance for Educators:

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Your energy is precious, here's a method to rebalance and stay centred in your own energy:



**Use mental boundaries.** Imagine “zipping up” your energy before stepping into a busy space. This simple visualization can help reduce emotional overload.

**Create micro-moments of pause.** Take a deep breath while waiting for children to settle, deep breathing acts as quick reset to the body & mind.

**Reframe stress.** Ask yourself ‘Is this worth my energy?’ Many small stressors don’t deserve your full emotional investment.

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## 4: Next Steps 💡

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Want more easy strategies like these? The ‘Wellness for Educators program’ is packed with realistic, science-backed methods to help you feel empowered in your mental, emotional & physical wellbeing both in the workplace and at home.


Your well-being matters. When you thrive, so do the children in your care. Click [here](#) to access more resources & learn more about the program.

### [Let's stay connected!](#)

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