



Stress awareness month toolkit

19 Mar 2025

Teaching is one of the most rewarding jobs, but it also comes with its challenges. Too much stress, if left unchecked, can take a toll on wellbeing and even shorten careers.

To help education staff recognise, manage, and reduce stress, Education Support has created a free toolkit packed with expert advice and practical strategies.

Why not try focusing on a couple of resources each week throughout April and see what works for you?

[Download the free toolkit](#)

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