



## Rest, reflect, reset summer wellbeing toolkit

18 Jun 2025

As the summer break approaches, we're encouraging teachers and education staff to take time to rest, reflect, and reconnect with life beyond the classroom.

Education Support have created a rest, reflect, reset summer wellbeing toolkit packed full of practical resources to help staff unwind, recover, and take care of their mental health during the break.

We'd be grateful if you could share the toolkit with your networks and teams, helping to spread the message that rest is not just important, it's essential.

Explore the toolkit here: <https://bit.ly/4dSsOVA>

You can also access the recordings of our most recent webinars to share with your networks:

- [Navigating misogyny and polarised views: supporting staff wellbeing in the classroom](#)
- [Staying well in teaching: research-based insights and strategies](#)

### Was this page useful?

- [Yes](#)
- [Neutral](#)
- [No](#)

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