BITE-SIZED TIPS FROM NIEC'S

NAPTIME WEBINAR

Nurturing the Educator's Wellbeing

What is educator wellbeing?

Wellbeing is **multidimensional**, comprising of the following states:

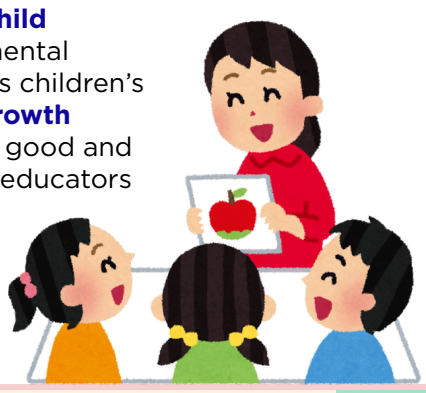


Educators' wellbeing consists of **job satisfaction**, the experience of more **positive than negative emotions**, and **functioning well** both as educators and in other roles.

Why does it matter?

Educator wellbeing is important because:

- A happy educator leads to **a happy child**
- Educators' mental health shapes children's **emotional growth**
- **Retention** of good and experienced educators



Click here to visit the mindline at work resource page!

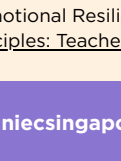
STORYTELLING

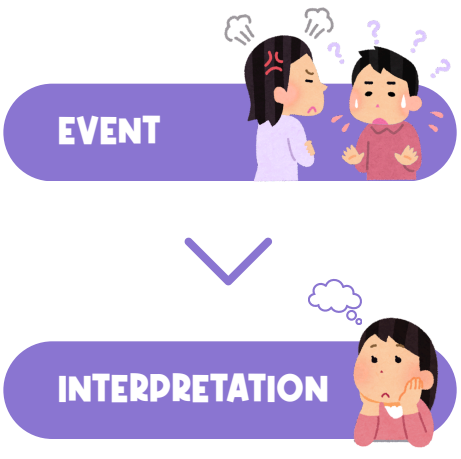
The raw elements of your day can be taken and crafted into **challenges** that will overwhelm, or **opportunities** that bring out your better self. This is where **storytelling** comes in, through the framing of events. **You are the author of your stories** — telling empowering stories to yourself fosters optimism, which builds resilience.

Interrupting Intepretations

When you're overwhelmed, take a deep breath. Be present with the feeling to **cultivate your awareness**. Instead of jumping into problem solving, try reflecting by asking:

- What was my first response?
- Why did it upset me?
- What memories did it stir up?
- What does this say about me?
- What does this make others think about me?
- What am I worried might happen now?





Distorted thinking

Negative thinking can undermine your wellbeing. Try identifying when your thoughts fall under these 3 kinds:

Black and white thinking
An "all or nothing" mindset.

Unrealistic expectations
Self-inflicted pressure

Personalisation
Placing blame entirely on yourself or someone else

To form empowering stories, start with evaluating your **core beliefs** that frame the way you see the world. You can do this by:

1 Visualising what you want to be true

Construct a new mental model by asking yourself:
- What if things can change for the better?
- What would it look like?
- What do I want to say, hear, and think?

2 Practising affirmations

Rewire your brain by telling youself out loud:
- I can do this
- I am enough
- I am valuable, and I belong
- Difficult times will pass

3 Intention setting

Primes your mind to make choices that will fulfil your intention, such as:
- I will be open to feedback
- I will enjoy the field trip

> ***If you want to shift the way you feel, you must shift the way you think.***

BUILDING COMMUNITY

Strong communities can strengthen, bring joy, and retain teachers. To build strong relationships, it is key to **form trust** by listening well, connecting with people from different cultures or belief systems, and resolving conflicts effectively.



TUNING IN TO YOUR BODY

Balancing the **physiological and nervous systems** can help manage stress. When you experience the first signal of a startle or an upset, try practicing these steps:

2 Breathe gently

1 Place your hand over your heart



This can activate the release of **oxytocin**, which evokes a feeling of safety and trust.

> ***I trust that these strategies can strengthen you from within, so that you can go through life with resilience, grow stronger, become a better version of yourself, and make a positive difference to those around you."***



TIPS SHARED BY

DR KOK SIAT YEOW
ExCEL@NIEC
Deputy Director

Aguilar, E. (2018). Onward: Cultivating Emotional Resilience in Educators. Jossey-Bass; Cann, R (2020). The importance of teacher wellbeing.; Ministry of Education (2025). iTeach Principles: Teachers as Facilitators of Learning.; Graham, L. (2018) How Tuning In to Your Body Can Make You More Resilient.