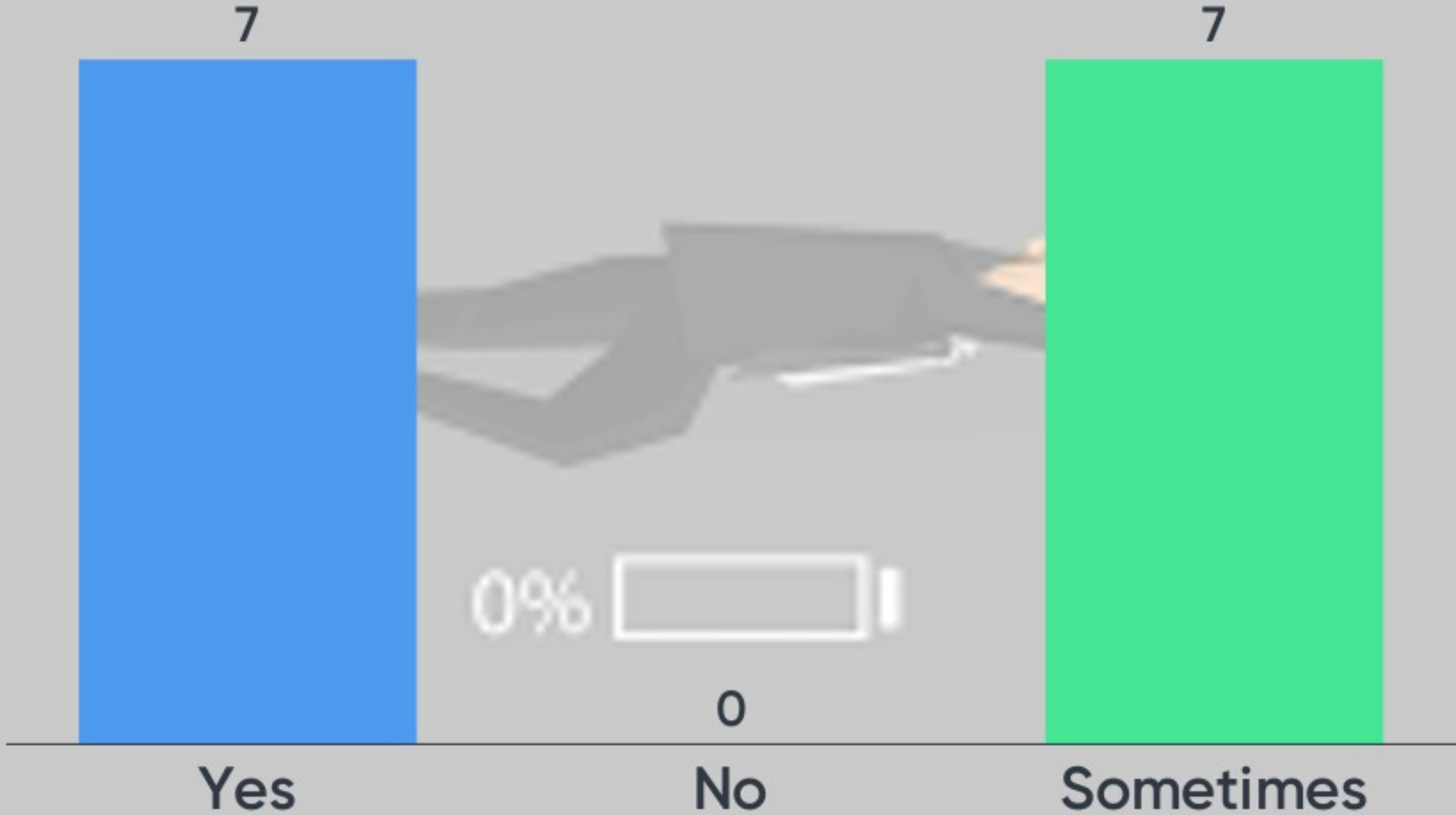


Who feels like this?



Which aspect of your job do you find most difficult?

Strongly disagree

Strongly agree

Physical aspect

3.1

Skills and knowledge required

3.7

Emotional involvement

4.3

How do you manage this challenge?

Wine!

Drink and sing in the bath

Napping whenever possible

Support from colleagues!

Coffee

Talk to a colleague. Make sure I take my break

Get support and speak to mentor. Take breaks and have a rest

Plan ahead, medication.

Talking to others

How do you manage this challenge?

Coffee

Alcohol.

Preparation

Yoga

Do something that takes my mind off things

Pjs and bed

Yoga!

Be organised

Looking back, what would have helped you through your 1st year?

Support

Colleagues aware of our position

SLT more understanding

Not needing to have a real life at the same time as being a teacher.

More support

Support group

Better support at home

Put a plan/timetable together to help with marking, etc

More discussion of positives instead of all negatives from SLT.

Looking back, what would have helped you through your 1st year?

Being more informed

Try to find ways to be more efficient with time

Taking a step back and managing time better

Prioritising the to do list