WELLBEING & MINDSET

LEARNING HUB · MEMBER HANDOUT

Who looks after the teacher?

You hold the room. The question is who holds you. Care of the teacher is part of the job, and you build it like the rest of it.

YOGAPROS

Handout 08 · goes with the Learning Hub article of the same name

HANDOUT 08

Inside this handout

You hold the room. The question is who holds you. Care of the teacher is part of the job, and you build it like the rest of it.

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HOW TO USE IT

- Print it, or fill it in on a tablet. Paper works better than it should.
- Read the article first if you can. The handout is the practice; the article is the thinking behind it.
- There is no score and nothing to get right. It is a working page, not a test.

Guidance only — not a substitute for legal, tax or insurance advice

WHEN TO USE THIS

- At the end of a teaching day that emptied you
- When your own practice keeps being the first thing cut
- Each term, before the timetable gets rebuilt

THE PRACTICE

Step by step

01 **Take the audit**

List everything that currently looks after you as a teacher; a short list is information, and it isn't a verdict.

02 **Book the hour**

One weekly practice hour that belongs to you, in the diary like a class, never taught by you.

03 **Keep one peer close**

A standing fortnightly call with one teacher who knows what a flat Tuesday feels like.

04 **Read the timetable**

Once a term, look at your schedule the way you'd read a student's posture: where the load is landing.

05 **Check the floor**

Insurance current, and someone you could call if a class went wrong.

YOUR PAGE

Write it *down*

What currently looks after me as a teacher...

The hour that becomes mine each week...

The teacher I'll set a standing call with...

BEFORE YOU FINISH

- [ ] Audit list written
- [ ] Weekly hour booked
- [ ] Standing call arranged
- [ ] Termly timetable review dated
- [ ] Insurance and cover confirmed current

YOGAPROS

This handout supports the article 'Who looks after the teacher?' — part of the Wellbeing & Mindset collection on the YogaPros Learning Hub.

RELATED READING ON THE LEARNING HUB

↗ Energy is part of the job

↗ Teaching is what you do. It isn't everything you are

FIND THE ARTICLE AND THE WHOLE COLLECTION AT

theyogapros.com/learning-hub

This handout is professional-development reflection, not therapy. If things feel heavy right now, talking to your GP or a qualified counsellor is a stronger move than any worksheet. This guidance is for general awareness and professional orientation. It is not a substitute for professional legal, tax, or insurance advice specific to your individual situation.