



Diocese of Salisbury Academy Trust

'Beyond expectations for all of God's children'

'Love your neighbour as yourself'... getting the 'yourself' bit right for the benefit of your 'neighbour'

1. Be thankful every day for all the positive benefits there are in my life – start my daily prayers with 'Thank you for...'
2. Ensure my coping strategies are able to combat the challenges – ensure that stressors are managed and my resources are replenished.
3. Take adequate rest breaks every working day – exercise and a change of scenery.
4. Turn off devices and stop working at least an hour before bed.
5. Check emails only 2/3 times per day.
6. One challenge per day – find time to reflect and turn unhelpful thoughts into opportunities.
7. Check my 'balance' every weekend.
8. Spend one evening per week doing something with partner/spouse.
9. Have some focused family time at least once per week.
10. Go to the gym at least twice per week (or other form of vigorous exercise).
11. Drink 2 litres of water every day.
12. Eat healthily and regularly – low caffeine/low sugar.

But may the God of all grace, who called us to His eternal glory by Christ Jesus, after you have suffered a while, perfect, establish, strengthen, and settle you. 1 Peter 5:10