

Invest in rest



18th December 2020

If you have the **privilege of working in education**, then today is probably your last day. It may be a training day or you may still be in the classroom.

We **look forward to the holiday** but resting is difficult if you don't actively invest in the things that bring us the **sign of peace**. A tried and tested method to move away from our busy schedule is to **put a time on it!** Decide how long you will give yourself to ruminate over work (be realistic, some of need a few hours to chat through the end of term 'stuff' with others) but when your cut off time arrives... that's it! School bag out of sight, school email off if you can, as work thoughts cross your mind watch them come and go without investing in the thought.

Plan A wishes you a healthy and calm break.