

Staff Calm Cave

Working in early years is hard work, we don't get much downtime so when we do it is important to get some head-space and relax.

Lunchtime is likely to be the only time during the day you will have any time out from the children, so make the most of it!

- Having a quiet calm area is not always possible in a busy nursery but it is important to make the most of the space you do have
- Try to keep the staff area uncluttered and add some finishing touches to make it welcoming
 - It is amazing what a bunch of fresh flowers or a canvas on the wall can do to make an area better for the mind
- Take some time for yourself, push work to the back of your mind and focus on your breathing to help you to relax and refocus before you go back to work
 - Closing your eyes and breathing deeply for 2 minutes just focusing on your breathing will have a positive effect on your mental well-being, even if it is a small one.



Remember, mental well-being is important whatever age you are; take some time for yourself and this will help you cope with the pressure of the fast-paced early years' day.