

Managing Stress

Teachers Assurance – supporter of the work-life balance hub

<http://www.theguardian.com/teacher-network/teachers-assurance-partner-zone/interactive/teachers-assurance-about-us-video>

High stress levels take their toll on teachers – infographic

Sponsor's feature: A recent survey by Teachers Assurance has shown that money worries are impacting on teachers. Find all the statistics in this infographic

<http://www.theguardian.com/teacher-network/teachers-assurance-partner-zone/interactive/teaching-profession-high-stress-levels-survey-results>

How stressed are teachers? – full wellbeing research

Sponsor's feature: This report details in depth findings of recent research plus suggestions from Teachers Assurance on how financial worries and pressures can be tackled to improve the financial futures of teachers and their families

<http://www.theguardian.com/teacher-network/teachers-assurance-partner-zone/interactive/teachers-stress-wellbeing-survey>

Taken from The Guardian Teacher Network.