

# HOW A LACK OF SELF-CARE CAN NEGATIVELY IMPACT SCHOOL PERFORMANCE

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## Passion to Succeed

It starts with a desire to do well by your school and your pupils. However, without a clear focus on your own well-being, this can be the beginning of a difficult path.



## Anxiety causes Sleeplessness

Out of anxiety to get everything done, you begin to feel you need to take your work home with you regularly. But this will begin to intrude into your personal life and can often affect your sleep.



## The Sacrifice Syndrome

In order to meet the needs of your pupils, you find yourselves putting your own needs last, with many working 60+ Hours Weeks.



## Exhaustion brings irritability and unproductivity

Stress and a lack of sleep inevitably leads to burn-out which impairs your cognitive abilities and can cause your emotions to be more volatile than they would otherwise be.

## Staff Morale Lowered

Emotions are contagious, which means if your style of leadership or mood/behaviour is negatively impacted, this could well rub off on your staff and impact your school culture. This can lead to struggles with staff retention.



## School Performance Suffers

One way or another, these issues will begin to affect your school's performance and the pupils you work so hard for.



## Loss of Passion and Motivation

If you continue to operate in the sacrifice syndrome, you may begin to find you begin to lose the joy and motivation in your role. This can lead great Heads leaving the profession or worse, experiencing severe mental health problems.



**But it doesn't have to be this way...**



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