**Teacher Mental Health and Wellbeing: Teach Well Alliance Booklist**

**This booklist is provided with the Teach Well Toolkit, the Teach Well Alliance’s programme for implementing a culture of staff wellbeing in schools.**

**Visit** [**https://www.teachwellalliance.com/#teach-well-toolkit**](https://www.teachwellalliance.com/#teach-well-toolkit) **to find out more**

**If you would like to recommend a book to be added to the list, please go to**

[**https://forms.gle/fXwBQhM95p58C47Q8**](https://forms.gle/fXwBQhM95p58C47Q8)

Allen, R and Sims, S (2018) *The Teacher Gap* David Fulton.

Beere, J (2016) *Grow: Change your mindset, change your life* Crown House Publishing.

Cannon, E (2018) *Is your job making you ill?* Piatkus.

Coalter, M (2018) *Talent Architects: how to make your school a great place to work* John Catt.

Cowley, A (2019) *The Wellbeing Toolkit* Bloomsbury

Creasy, M (2014) *Unhomework: How to get the most out of homework without really setting it* Independent Thinking Press

Dempster, K & Robbins, J (2017) *How to Build Communication Success in your School: a guide for school leaders* David Fulton.

Devon, N (2018) *A Beginner’s Guide to Being Mental* Bluebird.

Ellis, N (2016) *Managing Teacher Workload* John Catt Educational in partnership with ATL.

Ephgrave, S (2016) *Teacher Wellbeing and Poetic Inquiry* ESRC Project

Erasmus, C (2019) *The Mental Health and Wellbeing Handbook for Schools* Jessica Kingsley.

Eyre, C (2016) The Elephant in the Staffroom Routledge

Gill, S (2018) *Successful Difficult Conversations in School: Improve your team’s performance, behaviour and attitude with kindness and success* John Catt.

Grant, V (2014) *Staying A Head* Integrity Coaching

Gumbrell, D (2019) *Lift!: going up if teaching gets you down* Critical Publishing.

Harris, B (2017) *Supporting the Emotional Work of School Leaders* Paul Chapman.

Hawkins, K (2017) *Mindful Teacher, Mindful School: improving wellbeing in teaching and learnin*g Sage.

Hewett, V (2019) *Making it as a Teacher: how to survive and thrive in the first five years* David Fulton: Routledge.

Hilton, J (2015 2nd edn.) *Leadership Laid Bare* Success Online.

# Hilton, J (2018) *Ten Traits of Resilience: Achieving Positivity and Purpose in School Leadership* Bloomsbury.

Hollinsley, J (2018) *An Educator’s Guide to Mental Health and Wellbeing in Schools* John Catt.

Holmes, E (2019) *A Practical Guide to Teacher Wellbeing* Sage.

Kell, Emma (2018) *How to Survive in Teaching: without imploding, exploding or walking away* Bloomsbury.

Leiter M; Bakker, A and Maslach, C (2014) *Burnout at Work* Psychology Press.

Leiter, M P and Maslach, C (2005) *Banishing Burnout: six strategies for improving your relationship with work* John Wiley.

Leithwood, K and Beatty, B (2008) *Leading with Teacher Emotions in Mind* Corwin Press.

Mann, A (2018) *Live Well, Teach Well: a practical approach to wellbeing that works* Bloomsbury.

Maslach, C and Leiter, M (1997) *The Truth about Burnout: how organizations cause personal stress and what to do about it* Jossey-Bass.

McGill, R M (2019) *Just Great Teaching* Bloomsbury.

McGill, R M (2016) Mark. Plan. Teach. Bloomsbury.

McGill, R M (2015) *Teacher Toolkit* Bloomsbury.

Thich Nhat Nanh and Katherine Weare (2017) *Happy Teachers Change the World* Parallax Press

Putnam, L (2015) *Workplace Wellness that Works* Wiley

Prof Steve Peters (2012) *The Chimp Paradox* Vermilion

Rankin, J G (2017) *First Aid for Teacher Burnout: how you can find peace and success* Eye on Education.

Rees, T (2018) *Wholesome Leadership: the heart, hands and health of school leaders* John Catt Educational.

Rycroft-Smith, L & Dutaut, J (2017) *Flip the System UK: A Teacher’s Manifesto* Parallax Press

Sinek, S (2017 2nd edn.) *Leaders Eat Last* Penguin.

The Educator’s Room (2013) *Keep the Fire Burning: avoiding teacher burnout*.

Thompson, C & Wolstencraft, P (2018) *The Trainee Teacher’s Handbook* Learning Matters.

Tomsett, J (2015) *This Much I Know About Love over Fear: creating a culture for truly great teaching* Crown House

Virgo, H (2018) *Stand Tall, Little Girl* Trigger Press

Wavre, T (2018) *Mental Health Daily Tracker and Journal* www.iam1in4.com

Williams, M & Penman, D (2011) *Mindfulness: a practical guide to finding peace in a frantic world* Piatkus.

Wilson, B G (2015) *Beyond Engagement* BPS Books.

Wilson, G (2015) *Leadership Laid Bare* Success Online

Woodley, H (2018) *Toxic Schools: how to avoid them and how to leave them* John Catt.

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