

Individual Interventions for School Employees

This section will focus on what individual school staff members, including school leaders, can do to improve their own wellbeing. The microsystem, as expressed by Price and McCallum (2015), involves educators' perceptions and individual capacities to overcome the challenges they face in their environment. The interventions in this section will allow school staff to assess and address their own wellbeing and improve their capacities and resilience in responding to daily stressors. As teachers develop individual psychological, social and physical resources, these resources will provide a "buffer" against the many job demands they face (McCallum, 2020, p.23).

References:

- McCallum, F. (2020). The changing nature of teachers' work and its impact on wellbeing. In M. A. White & F. McCallum (Eds.), *Critical perspectives on teaching, learning and leadership: Enhancing educational outcomes* (pp. 17-44). Springer.
- Price, D., & McCallum, F. (2015). Ecological influences on teachers' wellbeing and "fitness". *Asia- Pacific Journal of Teacher Education*, 43(3), 195–209.

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