



Mental Well-Being

School Assessment

Reflecting on your school and collective staff mental well-being

<u>Focus Area</u>	“We” Statement	Not Yet	Yes, but...	Absolutely	Ideas/Notes
Advocacy for Mental Health	We regularly reflect and/or talk about mental health as a staff team.				
	We engage in activities that promote mental well-being for staff in our school.				
	We are aware of mental health supports that are available for staff and how to access them.(For example: Homewood Health, The Wellness Sandbox)				
	We value and understand the need for self care within a staff team.				
Strive for Balance	We are given an opportunity to engage in positive practices that promote balanced lifestyles for our team.				
	We learn about and practice stress management strategies as a staff team.				
	We have developed strategies to collectively manage stressful times in the school year.				
	We are aware and support each other when individuals are experiencing periods of high stress.				
Awareness and Application	We regularly engage in learning related to mental health research and practices.				
	We regularly engage in self-reflection related to personal mental well-being.				
	We understand the importance of mental well-being in our school.				
	We are encouraged and supported to attend to our mental well-being.				