### Your Be You wellbeing check-in

Use this list to check-in on your own mental health and wellbeing and that of your learning community.



#### How is my mental health today?



How do I feel?



Am I calm, relaxed and focused?



How are my energy levels?



#### Am I looking after my wellbeing?



Have I had a break today?



Have I connected with others?



Do I know where and how to access support if I need it?



# How am I promoting good mental health in my learning community?



## Is my learning community mentally healthy?



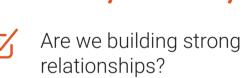
Am I modelling positive and respectful behaviours and practices?



Am I prioritising wellbeing and encouraging others to look after themselves?



Am I making the most of everyday interactions to support children and young people?





Are we embracing diversity?



Are we connecting meaningfully with our children, young people and families?

Visit **beyou.edu.au** today to learn ways to look after yourself and help grow Australia's most mentally healthy generation.





