

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?

- 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?



Is my learning community mentally healthy?

- Are we building strong relationships?
- 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.