

Teacher mental health

CHECKLIST

Teacher well-being is very important to maintain a positive classroom environment.

Read the statements below. Complete the checklist by ticking the category that best fits with your experiences over the past two weeks.

Nervous, worry or anxiety

Sometimes Often Rarely

Agitation or Shakiness

Sometimes Often Rarely

Anger or severe frustration

Sometimes Often Rarely

Reduced energy and productivity during lessons

Sometimes Often Rarely

A need to avoid colleagues or to socialize in the staff-room

Sometimes Often Rarely

Apathy towards things that used to excite you

Sometimes Often Rarely

What do I do now?

Ticks in the 'Sometimes' or 'Often' boxes can indicate areas for improvement in your mental well-being. Talking to a professional counselor or psychologist can help! Contact your school's Guidance Counselor as a starting point for more information.