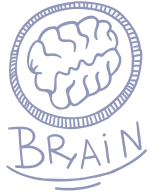




# Your "Be You" self-care check-up

Use this list weekly to check up on your own mental health and the mental health of your learning community.



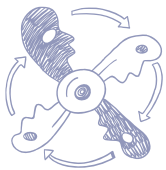
## How is my mental health today?

- How do I feel?
- Am I calm and focused?
- How are my energy levels?
- Have I had enough sleep?



## Am I looking after my wellbeing?

- Have I communicated with God today?
- Have I had a break today?
- Have I connected with others?
- Do I know where and how to access support if I need it?



## 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?
- Do I have a prayer team?



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

- Am I modelling positive and respectful behaviours and practices?
- Am I prioritising self-care and encouraging others to look after themselves?
- Am I making the most of everyday interactions to support children and young people?
- Am I praying with and for my students?

## Helpful links



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 🌐 [Beyou.edu.au](http://Beyou.edu.au)

☎ (07) 4898 2200  
 🌐 [headspace.org.au](http://headspace.org.au)

☎ 1800 056 076  
 🌐 [gryphonpsych.com.au](http://gryphonpsych.com.au)