Personal reflection on Mental Well-being

Use these guiding questions to reflect on mental well-being in your school context. Take your time and think beyond the obvious—what do these questions reveal about your practice and your school culture?

- What does mental well-being truly mean to me as a teacher? How do I define it for myself, and how do I want my students to experience it?
- In what ways do I see mental health influencing learning outcomes? Can I recall moments when well-being—or lack of it—affected engagement or achievement?
- Where do I notice signs of mental health stigma in our school? How might this impact students' willingness to seek help?
- Do we have clear pathways for support? When a student needs help, do I know exactly when and where to refer them?
- How confident am I in integrating mental well-being practices into everyday teaching? What small steps could I start with tomorrow?
- What strategies could truly strengthen a positive school climate? Which actions would make the biggest difference for mental well-being in our school?

Inspired by: Hägglund, J. (2020). Åbo Akademi University

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