

Mental Health and Well-Being in Educational Settings

The Pillars of Well-Being at School

- ☐ I remain attentive to my own balance and to that of my students.
- ☐ I take the time to breathe and to include breaks throughout my day.
- ☐ I take care of my lifestyle habits (sleep, nutrition, physical activity)
- ☐ I maintain a clear boundary between my professional and personal life to avoid burnout.
- ☐ I foster a classroom environment based on respect, listening, and trust.
- ☐ I make sure that no student is isolated, mocked, or excluded.
- ☐ I respond with calm and discernment when faced with conflicts or tensions.
- ☐ I encourage cooperation rather than competition among students.
- ☐ I value effort, progress, and mutual support as much as results.
- ☐ I lead by example through an empathetic attitude and openness to dialogue.
- ☐ I strive to give meaning to learning in order to strengthen motivation.
- ☐ I promote a learning environment where everyone feels legitimate and safe.

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Concrete Areas for Action

- ☐ I observe signs of distress or stress in my students (fatigue, withdrawal, aggressiveness, unusual silence).
- ☐ I encourage students to express their emotions and needs without fear of judgment.
- ☐ I dedicate regular time to caring and supportive conversations.
- ☐ I refer students in difficulty to the appropriate support resources (nurse, psychologist, anti-bullying coordinator).
- ☐ I collaborate with my colleagues to prevent situations of tension or exclusion.
- ☐ I communicate with families in a spirit of dialogue and shared education.
- ☐ I adapt my approach and methods according to the needs and profiles of my students.
- ☐ I contribute to a culture of respect and mutual support within my school.
- ☐ I take part in awareness-raising initiatives on mental health and well-being.
- ☐ I share prevention resources with my students and colleagues.
- ☐ I value positive initiatives and acts of solidarity.
- ☐ I maintain a collective attitude of vigilance: everyone plays a role in shared well-being.