

Activity 2.

Team reflection on the survey

After reading the results of our survey, have a team discussion and ask the following questions:

Happiness

- What makes you happy about your work?
- What would improve your levels of happiness at work?

Support at Work

- What mental health and wellbeing support is available for practitioners?
- How is mental health and wellbeing support promoted in your setting?
- What additional support do you think your setting could offer

Mental Health and Wellbeing Policy

- Do you have a wellbeing policy?
If you do:
- Does everyone know about it?
 - Have the practitioners contributed to the wellbeing policy?
 - How visible is it?

Stress at Nursery

- What causes you stress in your setting?
- What could reduce stress in your setting?

At the end of the discussion decide what actions you will take, remember, your actions should be in **RATIO!**

Realistic – Can you do it in your setting?

Achievable – Is it a sensible and practical idea?

Time-bound – What time frame will the action take place?

Implementable – What will be your first step to getting this done?

Observable – What will practitioners see that is different?