

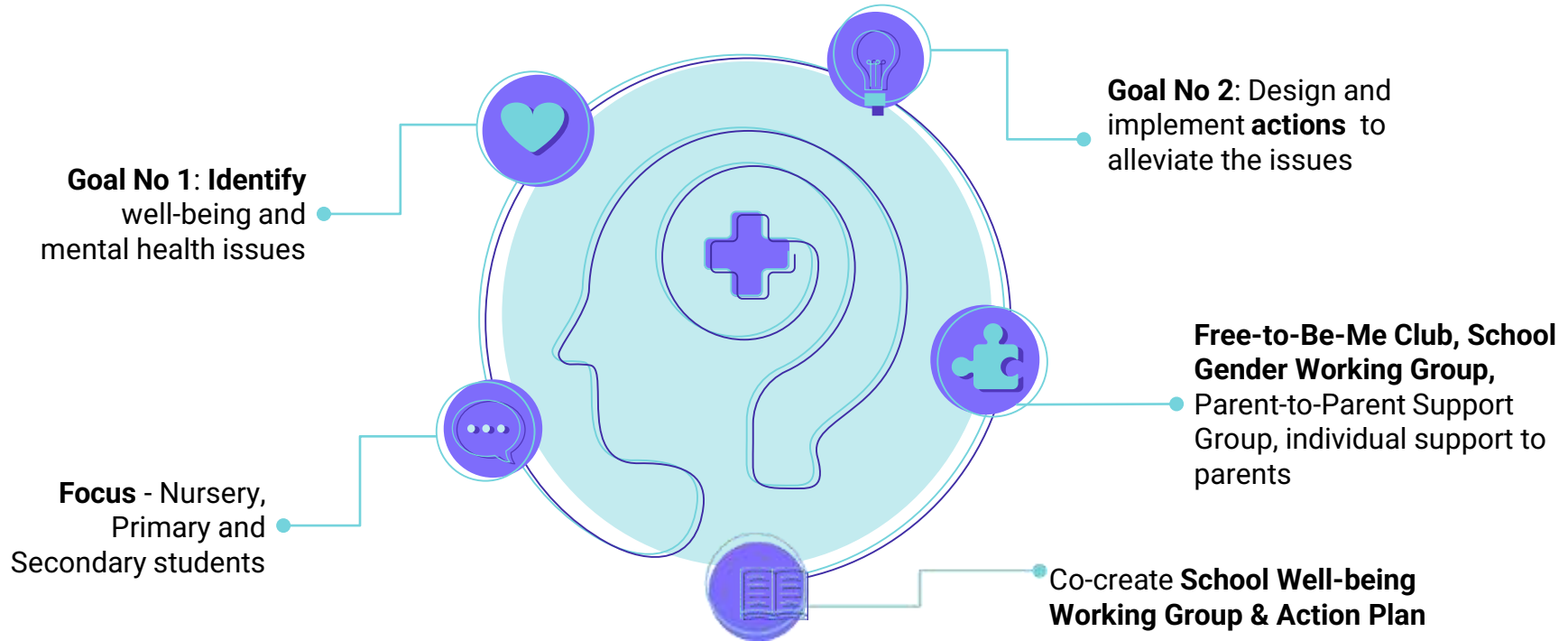


WELL-BEING

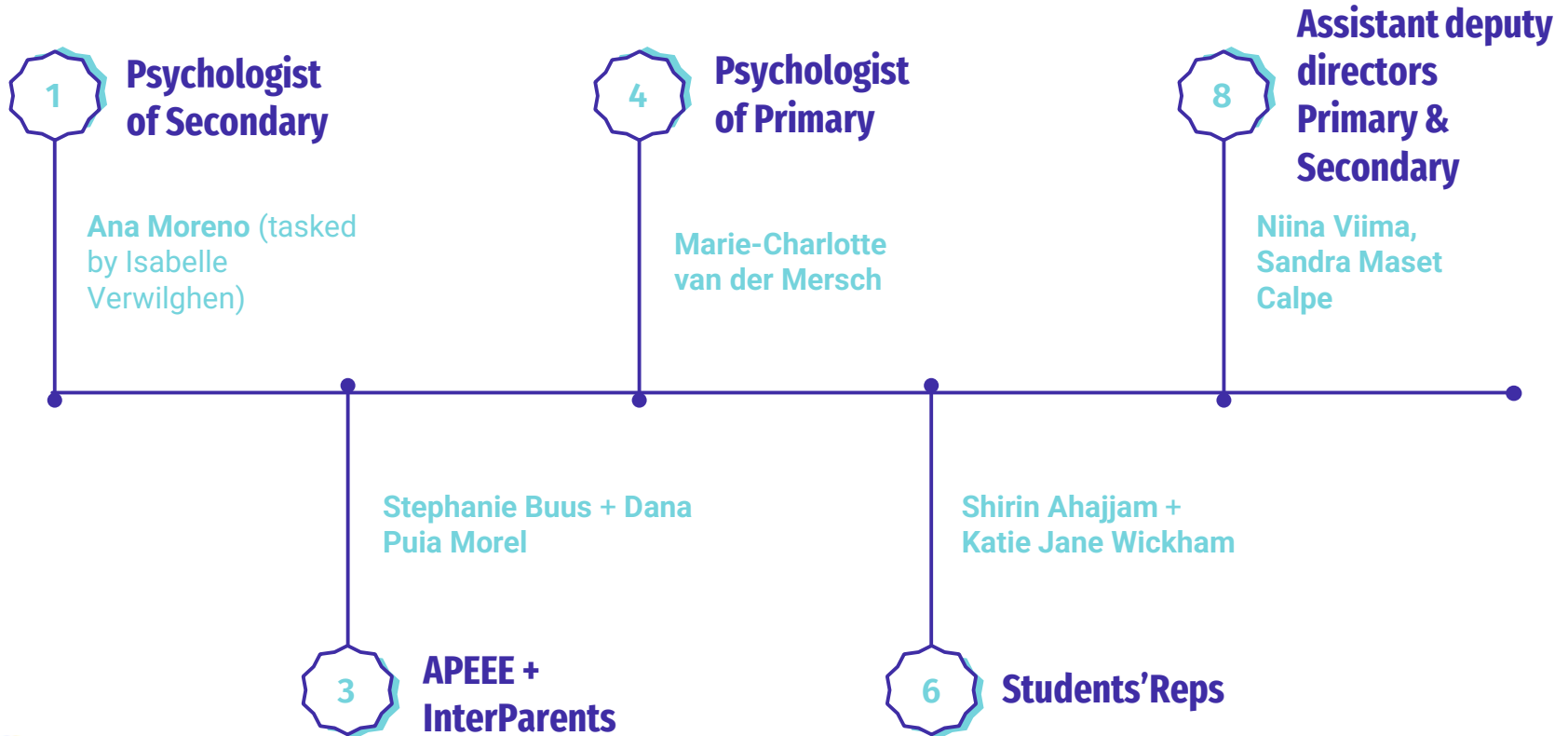
Working Group

2021

December 2020 - APEEE new Working Group on well-being and mental health



School Well-Being Working Group & Action Plan



Action Plan Principles presented to School Management in Oct 2021



Mental health & socio-emotional education are important, Covid-19: general rise in anxiety and depression levels



Visibility can break down the stigma surrounding mental health

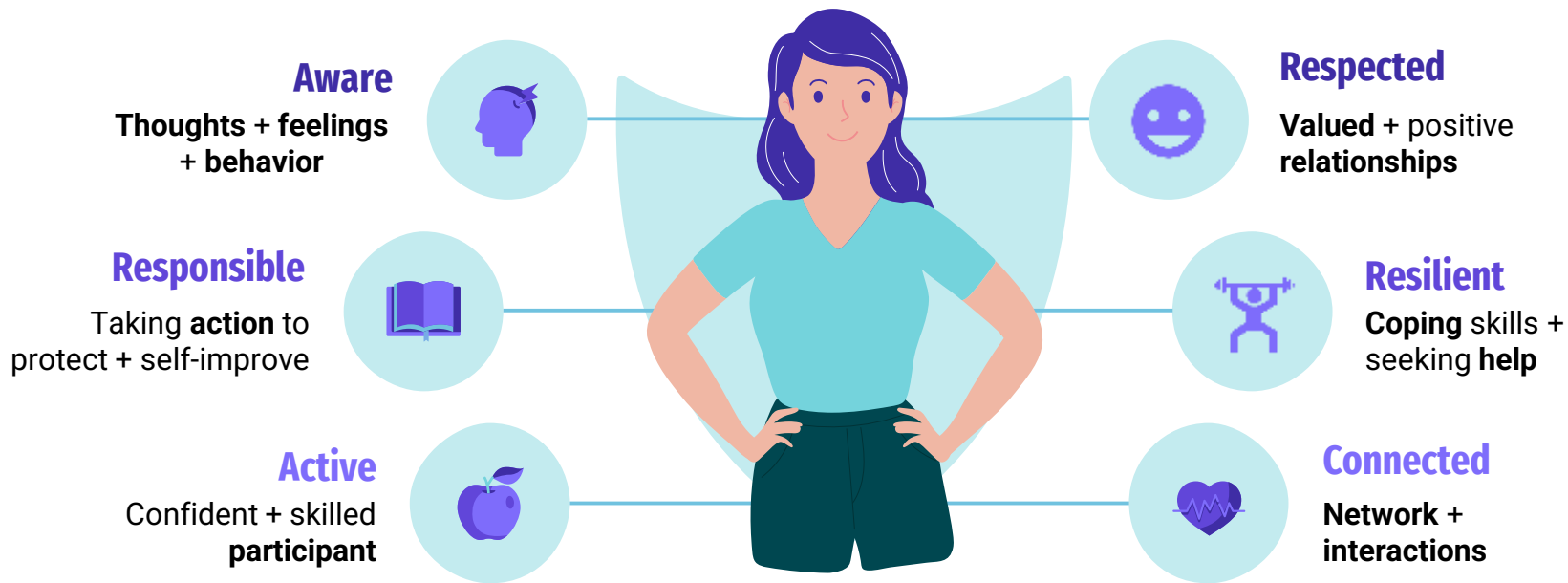


A **Whole-School Approach** is critical to the success of all interventions



Prevention can reduce the number of interventions in the long-term.

INDICATORS OF WELL-BEING



WELL-BEING IN NURSERY & PRIMARY



WELL-BEING IN LOWER SECONDARY



S1

Social skills,
respect/tolerance, time
management, peer
mentorship...



S2


Health,
equality/diversity,
values & beliefs,
gender, digital detox...



S3


Understanding anxiety,
self-image, mental
health, school options,
relationship &
sexuality...


WELL-BEING IN UPPER SECONDARY



S4 | Time management, anxiety, addictions, resilience, mindfulness...


Healthy sleep, motivation, families, school options, sexuality, equality...

S5 | 



S6 | Career orientation, time management, leadership....

University survival kit, leadership...

S7 | 

COMPLEMENTARY ONLINE RESOURCES S1



SOCIAL SKILLS

Assertive communication + Stop people pleasing



RESPECT-TOLERANCE

Classroom problem-solving + Apologizing + Respect & tolerance + HELLO + Respect-building games



TIME MANAGEMENT

Apps + Activities + Games + Worksheets + Student success + Schedule templates + Stop procrastinating +

COMPLEMENTARY ONLINE RESOURCES S2



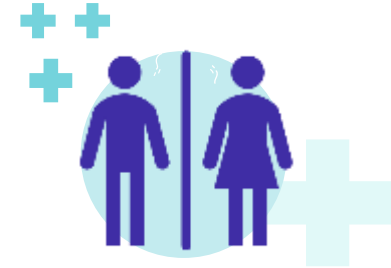
HEALTH

Apps + Quiz + Mental Health 1 + Mental health 2 + Healthy habits + Mental Health FAQ



EQUALITY-DIVERSITY

Activities + Discrimination examples



GENDER

Quizzes + Activities + Gender equality + Stereotypes & education + Women's rights

ONLINE RESOURCES S3



ANXIETY

Fight flight freeze +
Explanation 1 +
Explanation 2 +
Signs + FAQ + Game



SELF-IMAGE

Worksheets +
Explanation + Girls +
Confidence +
Growth + Low self-
esteem + Activities



MENTAL HEALTH

Factors + Signs 1 +
Signs 2 + Disorders
1 + Disorders 2 +
Living with a mental
disorder



RELATIONSHIPS

Workshop +
Romantic + Healthy
+ Activities + Skills +
Healthy vs
Unhealthy



SEXUALITY

Quizzes + Education
1 + Education 2

ONLINE RESOURCES S4



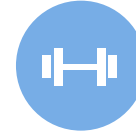
TIME-MANAGEMENT

Tips 1 + Tips 2 +
Balance + Improving +



STRESS

In school +
Management + Apps
Explanation (1 + 2)
Relaxation (1 + 2 + 3)



MOTIVATION

Guide + Tips (1 + 2 + 3
4) + Activities +
Strategies +
Explanation



RESILIENCE

Activities + Tips 1 +
Tips 2 + Tips 3



MINDFULNESS

Apps + Explanation 1 +
Explanation 2 +
Meditation



SUPPORT

School system +
Worksheet

ONLINE RESOURCES S5



HEALTHY SLEEP

Apps + Tips 1 + Tips 2
+ Sleep deprivation +
Teenagers



ADDICTIONS

Abuse & dependence +
Drugs (1 + 2 + 3) +
Teenagers + Quiz



SEXUALITY

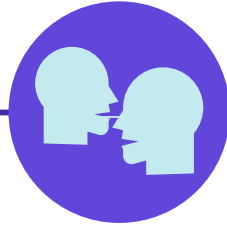
Sex Ed (1 + 2 + 3 + 4) +
Healthy relationships +
Porn vs Reality

ONLINE RESOURCES S6-S7



CAREER ORIENTATION

Strengths + Belgian labor market + University rankings + University advice (1 + 2)



LEADERSHIP

Activities (1 + 2) + Tips (1 + 2 + 3 + 4 + 5) + Styles



UNIVERSITY SURVIVAL

Life skills + Tips (1 + 2) + Programmes + Rejection (1 + 2 + 3)



SETTLING IN

Self-care + Tips (1 + 2 + 3 + 4) + Explanation



Contact

dana-adriana.puia@ec.europa.eu
stephaniebuus@hotmail.com

Credits: This presentation was developed with the contribution of the members of the School Well-Being Working Group.
Special **Thanks** to **Ana Moreno!**