

About the Teacher Well-Being 'Ready Reckoner'

This questionnaire may be used to ascertain the extent of workplace stress being suffered. It may elicit data which could prompt a full stress risk assessment; or it may simply serve as a rough guide to gauge the extent to which they may be enduring stress-related symptoms.

Higher scores are suggestive of greater levels of well-being amongst subjects of the questionnaire, whilst lower totals tend to indicate elevated degrees of stress/poor mental health. **Please note that a score of 100 or more does not necessarily indicate the absence of a problem.**

Instructions: For each of the following questions, enter the number matching the description which most closely represents how you feel.

1 = Not at all 2 = Not much 3 = Sometimes 4 = Mostly 5 = Very much so

- | | |
|---|--------------------------|
| Do you feel able to concentrate on what you are doing at school? | <input type="checkbox"/> |
| Do you feel that you are playing a useful part in school life? | <input type="checkbox"/> |
| Do you feel capable of making decisions at school? | <input type="checkbox"/> |
| Do you feel generally relaxed in your home and school life? | <input type="checkbox"/> |
| Do you feel that most problems you encounter at school can be surmounted? | <input type="checkbox"/> |
| Do you generally manage to keep your sense of humour? | <input type="checkbox"/> |
| Do you feel happy at work, all things considered? | <input type="checkbox"/> |
| Are you sleeping well? | <input type="checkbox"/> |
| Are you eating well? | <input type="checkbox"/> |
| Are you drinking sensibly? | <input type="checkbox"/> |
| Do you cope well with changes to your job? | <input type="checkbox"/> |
| Do you usually keep things in proportion? | <input type="checkbox"/> |
| Do you have a reasonable amount of energy? | <input type="checkbox"/> |
| Do you feel in control of your job? | <input type="checkbox"/> |
| Do you feel you are coping well in the classroom? | <input type="checkbox"/> |

- Do you receive appropriate support when you need it?
- Do you get on well with your pupils?
- Do you get on well with your colleagues?
- Do you get on well with your managers?
- Do you feel free from the threat of bullying/harassment at school?
- Do you enjoy a reasonable degree of autonomy, unaffected by excessive monitoring regimes?
- Do you manage to leave work 'on time' fairly regularly?
- Do you find your job satisfying and fulfilling?
- Do you have a life outside work?
- Do you intend to remain in teaching for the foreseeable future?
- Do you look forward to returning to school after a weekend or holiday?

Now add up your score.

More than 100 = low evidence of stress - **but see caveat above**;
51 to 100 = moderate evidence of stress;
Up to 50 = high evidence of stress.