

COVITALITY:  
YOUR WELLBEING MATTERS

**Davidson Middle School**

- I FEEL "PRETTY GOOD" MOST OF THE TIME
- WHEN I FEEL DOWN, I KNOW SOME THINGS I CAN DO TO FEEL BETTER
- I AM SURROUNDED BY PEOPLE WHO CARE ABOUT ME
- I AM EXCITED ABOUT MY FUTURE
- I'VE BEEN THROUGH HARD TIMES, BUT THEY'VE MADE ME STRONGER
- WHEN I'M GOING THROUGH SOMETHING STRESSFUL, I KNOW I HAVE OPTIONS FOR DEALING WITH IT

What is wellbeing?  
Wellbeing says  
things like...



WE ARE TAKING THE  
COVITALITY SURVEY  
AGAIN TO HELP US  
UNDERSTAND  
STUDENT WELLBEING

THIS SURVEY LOOKS  
AT DIFFERENT AREAS  
OF WELLNESS

LIKE...

SELF-AWARENESS

PERSISTENCE

RELATIONSHIP HEALTH

STRESS MANAGEMENT

EMPATHY

SELF-CONTROL

GRATITUDE AND OPTIMISM

IT ALSO HELPS US KNOW IF YOU  
ARE EXPERIENCING ANY  
DISTRESS...



STRESS IS WHAT YOU FEEL WHEN YOU ARE WORRIED OR UNCOMFORTABLE ABOUT SOMETHING. THIS WORRY IN YOUR MIND CAN EVEN MAKE YOUR BODY FEEL BAD. YOU MAY FEEL ANGRY, FRUSTRATED, SCARED, AFRAID, SAD.



Talking about your stress with a trusted adult can help you learn healthy ways to cope, or even help you problem solve issues that are getting in the way of your wellbeing

# COVITALITY WELLNESS SURVEY

- Confidential - only the counselors will see your survey responses
- What to expect - questions about your overall wellness and stress levels
- What to expect - if your survey results give us reason to think you are under too much stress, we will have a chance to check in with you about support that is available
- What to expect - we might also invite you in to talk about your thoughts on how we can make our school a supportive place for everyone!
- If you decide not to take the survey, you will have the option to decline once you log in
- If you are finished, you may read quietly or ask your teacher for direction
- Why are we taking this again? Because 7th grade is a time of major change in most young people's lives, and we want another chance to check in with you and see how you are doing!



Type in:

**[tinyurl.com/y8vlg4jo](https://tinyurl.com/y8vlg4jo)**

You will enter your ID number at the beginning and end of the survey - this helps us keep results confidential!

# TIPS FOR INCREASING YOUR WELLBEING

Get connected

Get active

Practice mindfulness

Brain boosting diet

Get enough sleep

Know yourself well; spend time doing what you love

