Covitality: Your wellbeing matters

Davidson Middle School
What is wellbeing?
Wellbeing says things like...

- 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
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

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