

Name: Bob Sample

Year: 8

Date of Survey: 01/07/2017

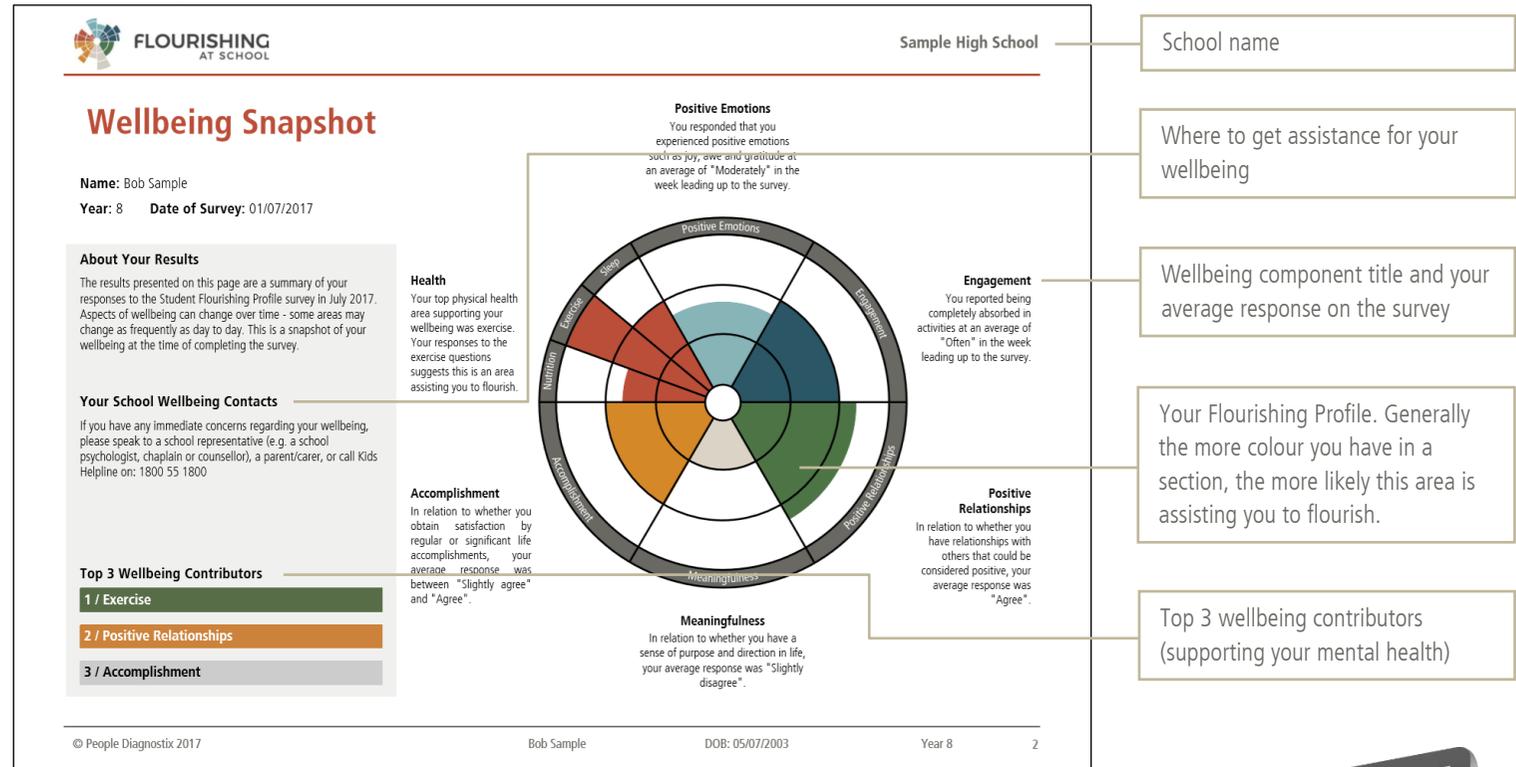
Like physical health, you can take positive steps to optimise your mental health and wellbeing.

The pillars of good mental health include experiencing **positive emotions**, being **engaged** in school and other activities by leveraging your personal strengths, having **positive relationships** with others, having a sense of direction and **meaning** in life, and experiencing the satisfaction that comes with **accomplishment** of goals.

Practicing these pillars daily not only can help you reduce the likelihood of developing a mental illness, they can also help you optimise the quality of your life at school and at home. Doing well across the five mental health pillars is referred to as **"flourishing"**.

The Flourishing at School survey is an assessment of wellbeing (positive mental health). Your responses on the survey indicate the extent to which you are flourishing across the five pillars of mental health as well as in key areas of physical **health** (nutrition, exercise and sleep).

Interpreting Your Report



More Information and Support

There are many online resources available to help you to optimise your wellbeing, or to assist in times of distress or mental illness. These include:

- www.flourishingatschool.com
- www.kidshelpline.com.au
- www.headspace.org.au
- www.au.reachout.com
- www.youthbeyondblue.com



Wellbeing Snapshot

Name: Bob Sample

Year: 8 **Date of Survey:** 01/07/2017

About Your Results

The results presented on this page are a summary of your responses to the Student Flourishing Profile survey in July 2017. Aspects of wellbeing can change over time - some areas may change as frequently as day to day. This is a snapshot of your wellbeing at the time of completing the survey.

Your School Wellbeing Contacts

If you have any immediate concerns regarding your wellbeing, please speak to a school representative (e.g. a school psychologist, chaplain or counsellor), a parent/carer, or call Kids Helpline on: 1800 55 1800

Top 3 Wellbeing Contributors

1 / Exercise

2 / Positive Relationships

3 / Accomplishment

Health

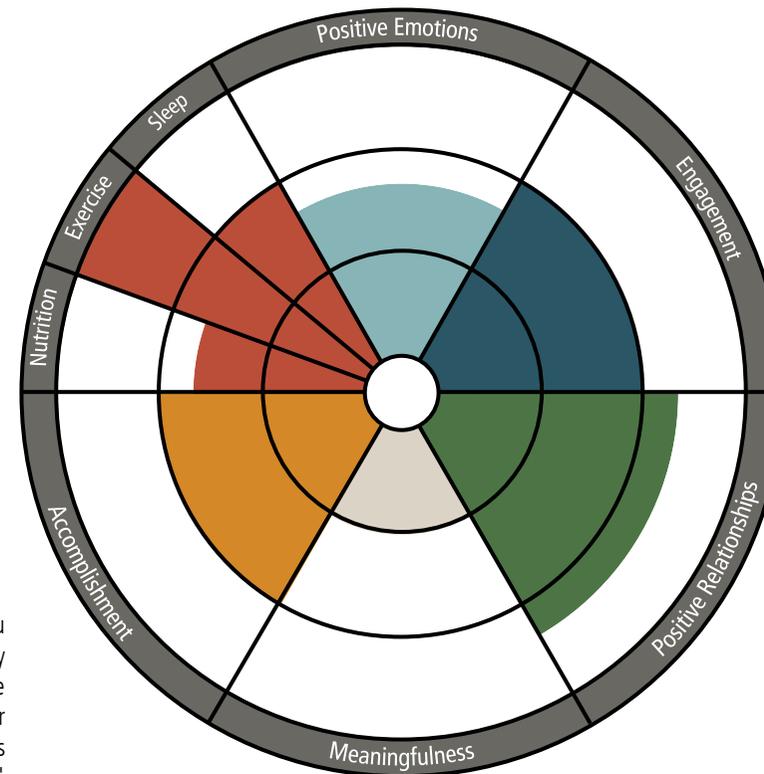
Your top physical health area supporting your wellbeing was exercise. Your responses to the exercise questions suggests this is an area assisting you to flourish.

Accomplishment

In relation to whether you obtain satisfaction by regular or significant life accomplishments, your average response was between "Slightly agree" and "Agree".

Positive Emotions

You responded that you experienced positive emotions such as joy, awe and gratitude at an average of "Moderately" in the week leading up to the survey.



Engagement

You reported being completely absorbed in activities at an average of "Often" in the week leading up to the survey.

Positive Relationships

In relation to whether you have relationships with others that could be considered positive, your average response was "Agree".

Meaningfulness

In relation to whether you have a sense of purpose and direction in life, your average response was "Slightly disagree".