

Appendix 2

Table 1. Summary of survey items by theme

General Staff Wellbeing	<i>I feel positive when I am at work</i>
	<i>I have the knowledge and skills to develop young people's social and emotional wellbeing</i>
	<i>I often leave work feeling overwhelmed</i>
	<i>It is not unusual for me to feel tired at this point of the academic year</i>
	<i>It is not unusual for me to feel stressed at this point of the academic year</i>
	<i>When I have not been at work, I have been able to switch off</i>
	<i>I feel cheerful and in good spirits</i>
	<i>I feel calm and relaxed</i>
	<i>I feel active and have energy</i>
	<i>My daily life is filled with things that interest me</i>
Support / Relationships with Others	<i>I am encouraged by my colleagues</i>
	<i>Relationships at work are good</i>
	<i>I feel too overwhelmed to provide emotional support to my colleagues</i>
	<i>I feel able to ask for help when I need it</i>
	<i>I get the help and support I need from my colleagues</i>
	<i>I have someone I can speak to when I need to</i>
	<i>I am supported through emotionally demanding work and situations</i>
	<i>I am supported to reflect on and take action to support my own wellbeing</i>
	<i>I would find additional space to think and reflect on the demands of my job, useful</i>