

## Appendix 3

Table 2. Frequency of responses for survey items

	Strongly Agree / Agree (%)	Neither Agree nor disagree (%)	Disagree / Strongly Disagree (%)
I feel positive when I am at work	70	23	7
I feel able to ask for help when I need it	80	13	7
I am encouraged by my colleagues	74	22	4
I get the help and support I need, from my colleagues	72	22	6
Relationships at work are good	75	19	6
I have someone I can speak to when I need to	72	15	13
I am supported through emotionally demanding work and situations	60	27	13
I am supported to reflect on and take action to support my own wellbeing	59	27	14
I would find additional space to think and reflect on the demands of my job, useful	69	24	7
I have the knowledge and skills to develop young people's social and emotional wellbeing	84	12	4
I often leave work feeling overwhelmed	42	33	25
It is not unusual for me to feel tired at this point of the academic year	60	32	8
It is not unusual for me to feel stressed at this point of the academic year	49	40	11
When I have not been at work, I have been able to switch off	40	26	34
I feel too overwhelmed to provide emotional support to my colleagues	8	22	70
I feel cheerful and in good spirits	56	33	11
I feel calm and relaxed	48	27	25
I feel active and have energy	43	30	27
My daily life is filled with things that interest me	55	33	12