

Am I Okay?

A 30-second self check-in for education staff

You don't need a full reflection sheet to notice how you're doing. Five questions. Thirty seconds. Honest answers.

Regulated

Managing

Overwhelmed

- Am I regulated enough to respond reflectively right now?
- Am I masking – performing energy, calm, or patience I don't actually have?
- Do I need to step out, even briefly, before I respond to the next thing?
- What do I need in the next hour to get through the rest of today?
- Is there someone I can tell the truth to about how I'm doing?

If I could change one thing right now, it would be:

The most regulated-looking adult in the building may be the one carrying the heaviest load.

SAND brings understanding, reflection, and alignment together to support behaviour and wellbeing.