

1.

When you're feeling down, how can people best help you?

2.

What kind of voluntary work have you done before? What did you like about it?

3.

How do your academic results affect your mental health? What helps? What makes it harder?

4.

What is your goal that's making you put in extra effort right now?

5.

How does the mental health of those around you affect your own?

6.

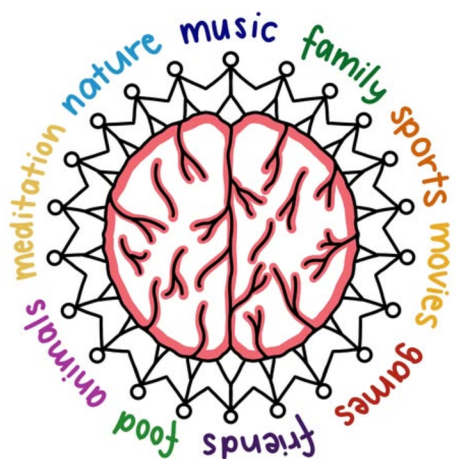
Which subjects do you like the least at school? Why? Which are your favourites? Why?

7.

What new things have you tried recently?

8.

What makes the future appealing to you?



9.

Tell us about a time when you were nervous about a challenge, but it was worth it in the end?

10.

How do you recharge? How do you relax? And what helps you switch off?

11.

What do you do when going through a difficult period? How have you improved in this aspect?

12.

What's the difference between good and bad stress for you?

13.

What praise do you still remember to this day?

14.

What activities bring you joy?

15.

What situations bring out your best performance? Who and what supports you in this?

16.

How does feeling nervous help you? When has excitement actually helped you do something better?



17.

What physical symptoms do you experience when you're stressed?

18.

What motto, thought or idea helps you cope with everyday stress?

19.

How do you manage your stress on a daily basis, and how healthy do you think this approach is?

20.

Who or what inspires you to take on something that seems difficult?

21.

What advice would you give someone who is very nervous about an important event?

22.

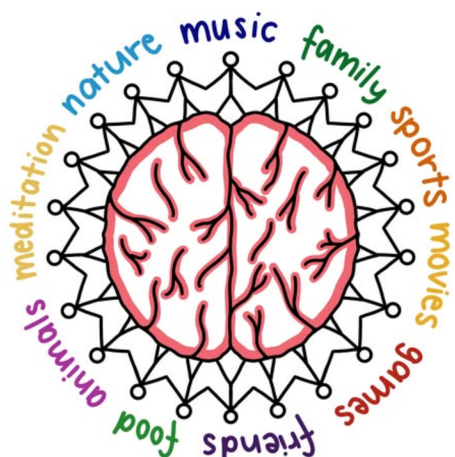
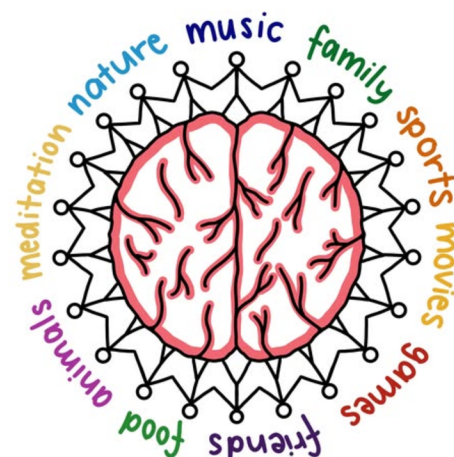
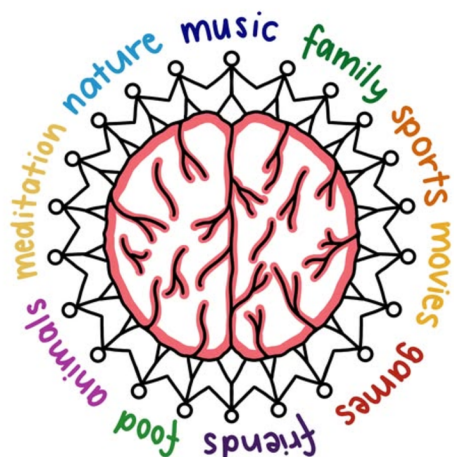
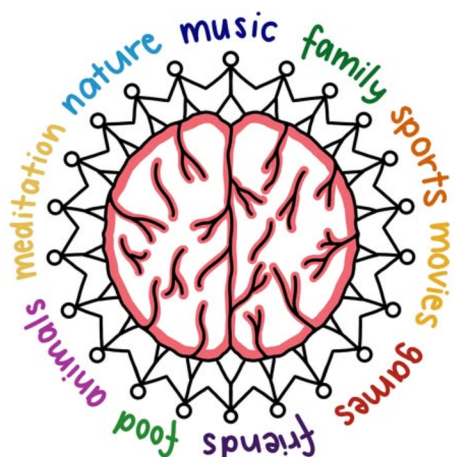
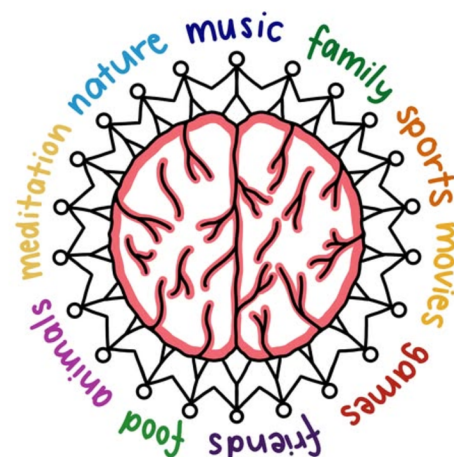
What would you compare stress to?
What could be a symbol for it?

23.

What makes a goal motivating for you, rather than discouraging or frustrating? Can you give an example?

24.

What strategies do you use to make yourself feel more at ease?



25.

What can a class or a group of friends do to make the future seem more hopeful?

26.

What feelings do you have when you think about the next three years ahead of you?

27.

Is there anything about the future that worries you? What helps in such situations?

28.

If you could wish for one thing for the Earth, what would it be?

29.

Who are the people bringing about positive change in the world?

30.

What have you already done for the environment that made you feel better? What eco-friendly habit are you proud of?

31.

What is it about the future and the climate that you cannot control? And what is it that you can influence?

32.

What change in the world makes you happy and puts your mind at ease?



33.

What natural place do you go to recharge your batteries? Why does it give you a sense of calm?

34.

What qualities or experiences do you have that could help you face the challenges of the future?

35.

What would you say to a friend who is very afraid of the future? How do you think we can support one another?

36.

What do you think will make the future more liveable?

37.

What's the first thing that springs to mind when you hear about climate change?

38.

If you could solve one problem relating to environmental protection, what would it be?

39.

If, in 10 years' time, everything turned out as well as possible in the environment, what would you see around you?

40.

If nature could send you a message, what would it say?



41.

How many people do you feel most comfortable with in a group of friends or social setting? Do you notice when there are too many stimuli around you?

42.

Do you find it easy or difficult to ask for help? What makes you feel safe?

43.

What do you get or learn from your friends?

44.

Have you ever helped someone simply by listening to them?

45.

What does it mean to you when someone stands by you? How do you realise that someone is supporting you?

46.

When you receive good news, who is the first person you tell?

47.

When have you felt, quite clearly, that you aren't alone in a difficult situation?

48.

Is there anyone at school you can count on? What quality do they have that makes you feel this way most of all?



49.

In which age group do you feel most comfortable, and why?

50.

Is there an adult you can rely on? What can you discuss with them?

51.

'You can tell a bird by its feathers, and a person by their friends.' Do you think this saying is true? How does the way people choose their friends affect their mental health?

52.

Have you ever noticed how the weather and/or your menstrual cycle affect you?

53.

How is social media shaping your friendships? In what ways does it help you, and in what ways does it cause you difficulties?

54.

Where do you feel truly at peace? Who or what is there? What do you do there?

55.

What do you love most and hate most about social media?

56.

Do you think you drink, eat and sleep enough?



57.

What helps you fall asleep more easily in the evening? Do you have an evening routine? And a morning one?

58.

How does the overwhelming flood of information from the media make you feel (when you see things you didn't want to see, or wherever you look, you're confronted with it)?

59.

How well do you eat? How do you make sure you eat healthily?

60.

What helps you resist the urge to reach for your phone when you're bored?

61.

Do you feel you get enough physical exercise? What sort? How much of a priority is exercise for you? How does it help you?

62.

Do you know of any digital apps or tools that help with stress management? Or that make it easier for you to limit your screen time?

63.

What's the first sign you notice when tasks or pressure start to become too much? What can you do for yourself in such situations?

64.

If you were to put together a "stress survival kit", what would be in it?



65.

On average, how many hours a day do you work? Do you feel you're able to maintain a work-life balance?

66.

What is it about school that causes you particular stress? What have you tried to do to prevent this from happening?

67.

Which part of your job gives you the most energy?

68.

What is your greatest professional achievement? Is there a challenging situation from the past that no longer causes you difficulty?

69.

What makes you feel part of a supportive teaching staff? What gives you a sense of security at work?

70.

What professional knowledge or skills would you like to develop or refresh? What resources and tools do you have to help you do this? What would you need?

71.

What made you choose this career? What have been some of the most rewarding experiences in your professional life?

72.

How do you and your colleagues help one another during the working day? What are some things you should express more gratitude for or give more feedback on?





73.

Think of a time when you coped surprisingly well with the workload!
What was different then?

74.

What changes would you like to see to support teachers' mental wellbeing? What do you think is needed in general? What would help you personally?

75.

What are the things you can actually change in your work, and what are the things you have to accept?

76.

What gives your work meaning day in, day out? What helps and inspires you in your day-to-day work? What helps you remember this?

77.

What should you actually say "no" to? What would be good not to do on your own?

78.

If you were less stressed at work starting tomorrow, how would you notice? What feedback would you get from students and colleagues?

79.

In which situations do you feel most competent?

80.

When do you feel that your work gives you energy rather than draining it?