

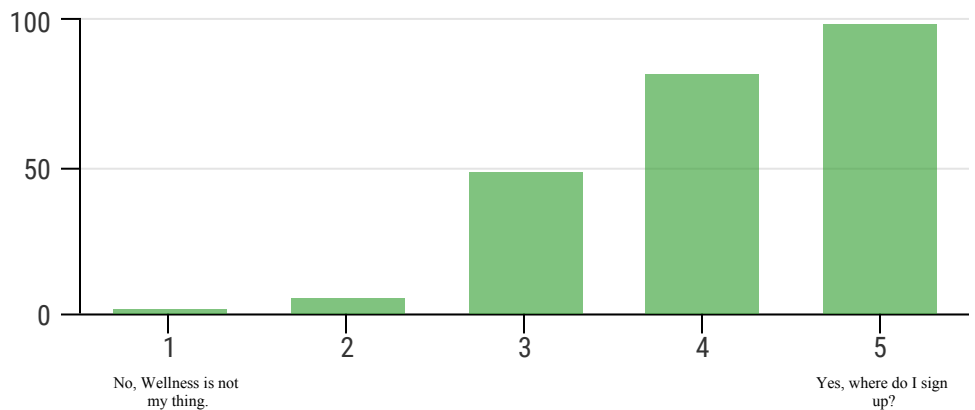
WELLNESS CHECK IN SURVEY RESPONSES

241 RESPONSES

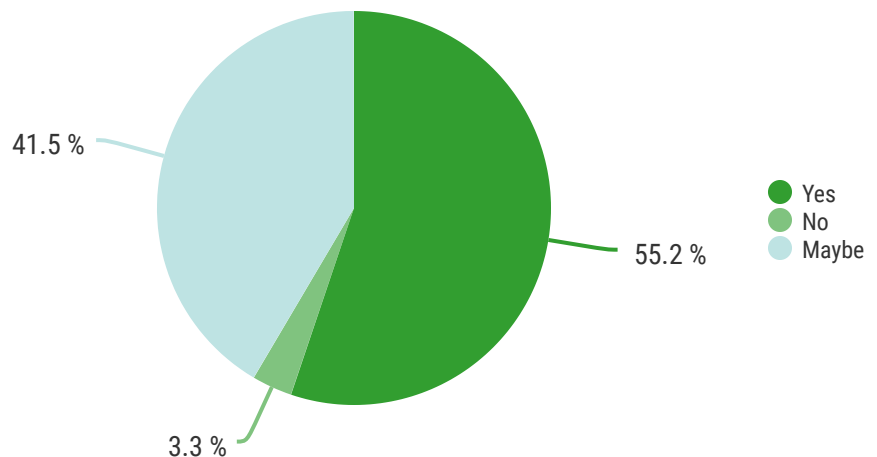
In a few words or sentences, what does "Wellness" mean to you?



On a scale of 1 - 5, will you participate in a Wellness offering this year?

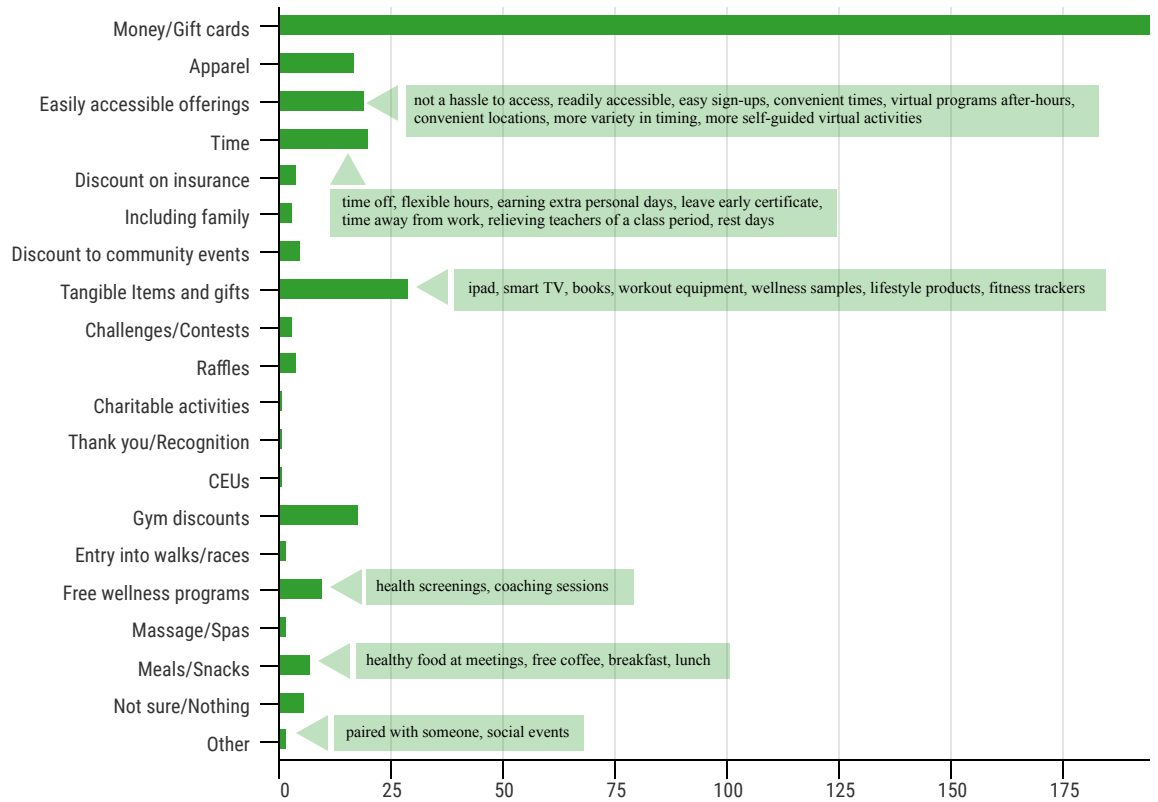


Would you participate in wellness programming designed to help you professionally?

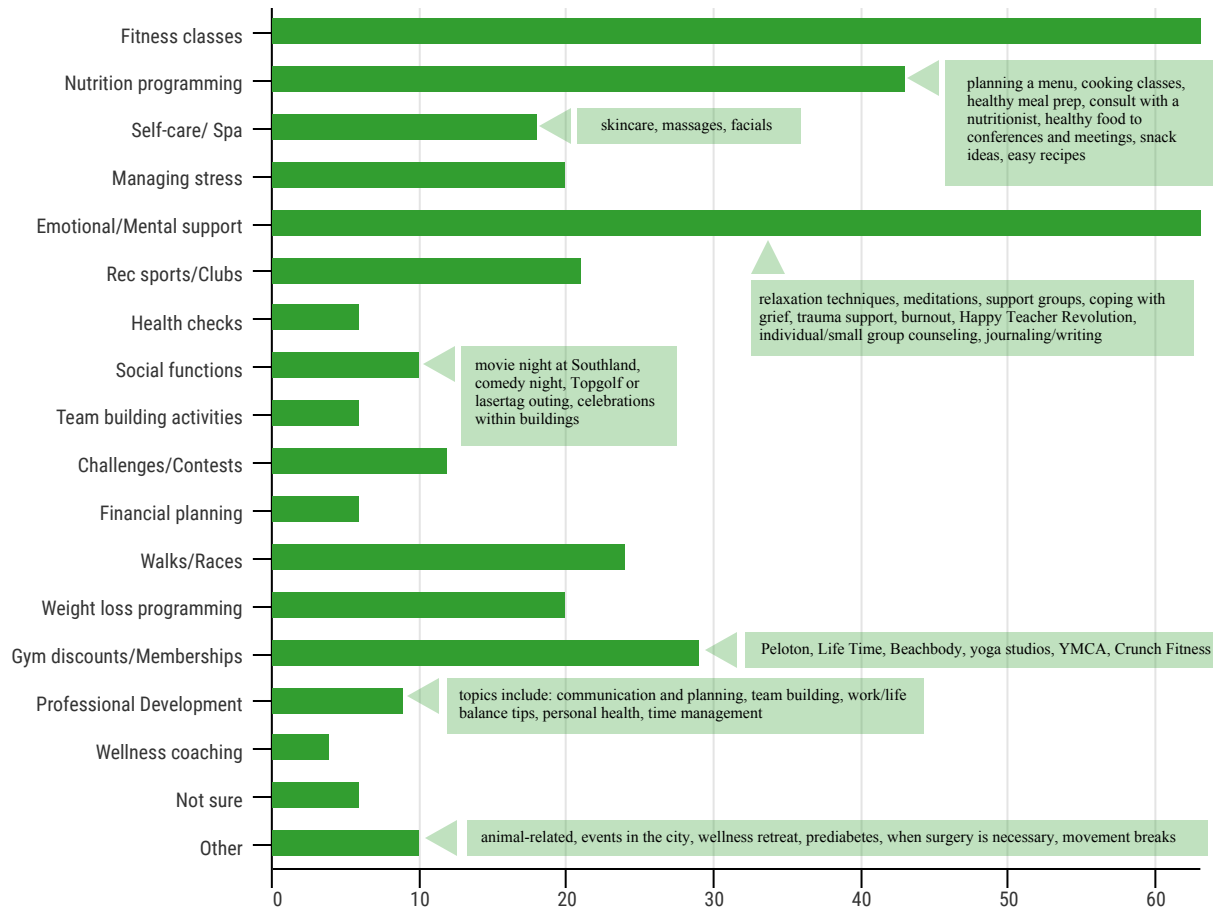


WELLNESS CHECK IN SURVEY RESPONSES

What types of incentives would get you to participate in Wellness offerings?



What types of program and/or activities would you be interested in?



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What can Wellness do to help support you in bringing your "best self" to work?

"I like the flexibility of online engagement, evening offerings, etc."

"Offer in school support"

"Giving me time to rest. Wellness days were the best thing we ever did. Massages are great."

"Create some sort of outlet where we can share the inefficiencies and lunacy that we are observing so the higher ups can know, but without fear of repercussion."

"Knowing that my employer at large (not just people I work with daily) but the organization cares about my overall wellness makes me feel supported and cared for and in return I want to be around my job that much more."

"have more at home options so they are easier to do when you have a family."

"Work with district leadership to make sure their decisions align with allowing us to be well, rather than putting our wellness on our own plates as well as everything else."

"Daily/Weekly affirmations, inspirational quotes, things that make you go hmmm"

"Teach me how to cook "

"Push for a mental health day off on Wednesdays."

"build/partner with staff designated gyms"

"available therapists for TEENS of employees"

"Breaks during the day. Someone to come in and take the class for awhile so I can go to the restroom! Somehow feel that we are a human being and not a machine... To be treated with respect brings my best self to the team."

"Activities to address staff dealing with secondary trauma stress."

"Pay attention to the times when stress levels are high in the workplace. Sometimes just acknowledging that a person is seen and CCS knows that this is a stressful time, makes all the difference in the world. Encourage employees to decorate their cubicles with things that empowers them."

"The clinics for vaccines has been SUPER helpful and convenient."

"I really think it is most important to have a conversation started about shifting our work culture to allow working remotely for employees whose jobs can support that type of work. It is the #1 part of my job that I would want to be different and would help support me and my family."

"Counseling services with professionals from the same background who may be in a position to better understand."

"mental wellness would mean the world to me"

"Learning about SEL issues we have as adults that the kids are actually going through. If I understand it, I'm better able to help the students"

"Illuminate unnecessary task and commitments outside of the workday. Educators are drowning. "

"Programming to increase team camaraderie and sense of belonging"

"Simply supporting teachers and acknowledging our stress load."

"Need a push to really support students and families and staff; whole district wellness week where at beginning of year and semester, do rolling start where we smaller groups of students are brought in and we surround them with SEL staff to access real needs. Do the same for staff. "