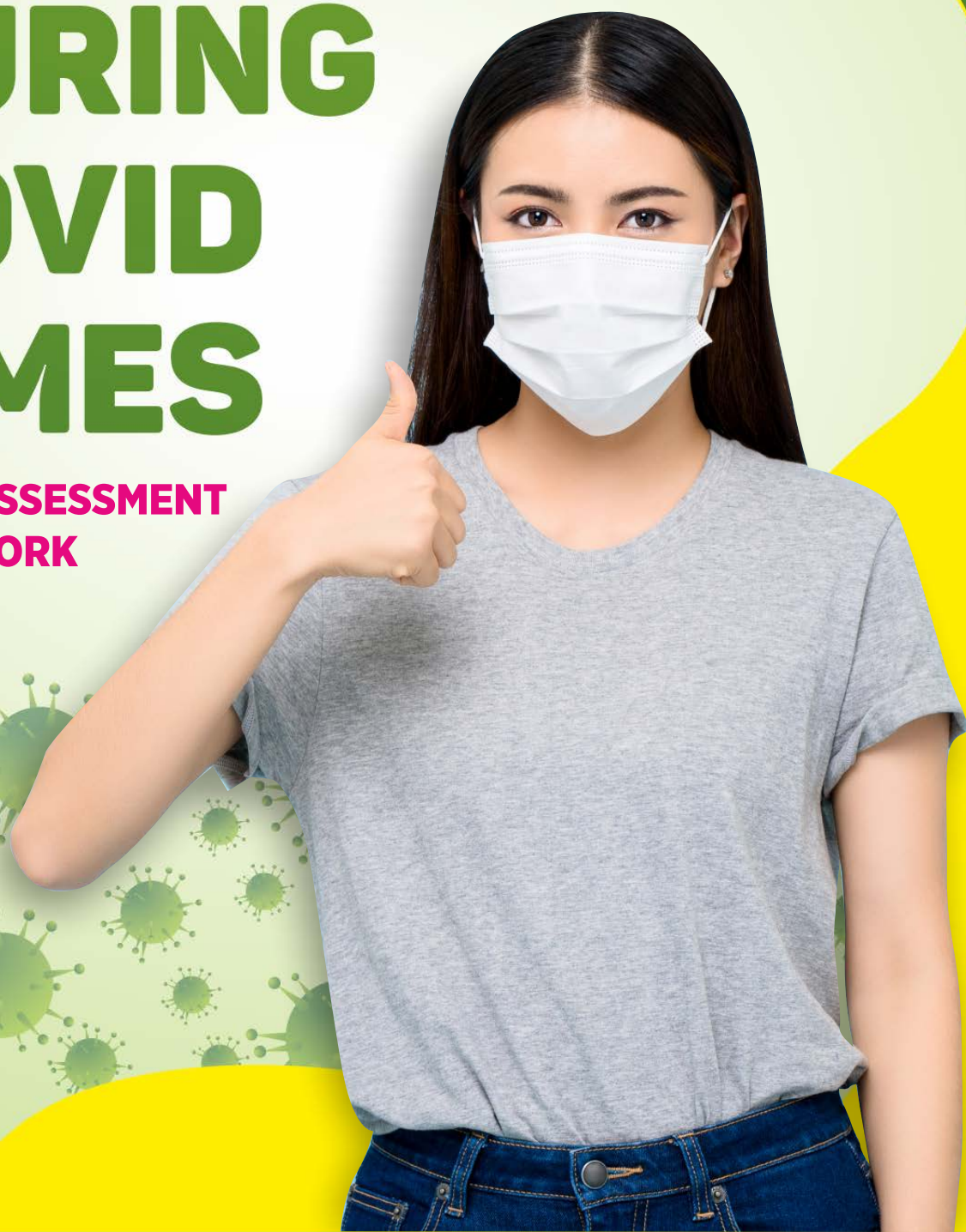



ENSURING WELL-BEING DURING COVID TIMES

**A SELF-ASSESSMENT
FRAMEWORK**





Education Quality Foundation of India (EQFI) is an endeavor that was born out of the idea that every child is given an opportunity to learn, explore, discover, create and innovate and reach their potential of becoming future ready citizens.


Established in 2007, EQFI envisioned a future where every educational experience is rooted in quality and every learning experience empowers not just the students but educators to lead and champion the cause of transforming potential into capabilities.

Our vision

We believe in catalyzing and enabling paradigms of excellence in the school education system and facilitate the transformation of schools through collaboration, building accountability, continuous improvement through professional development, and by measuring impact of education interventions and programs to enable schools to deliver high quality academic practices.

Our mission

We offer solutions to schools that are holistic in nature and targets quality improvement. The team at EQFI aspires to build on its strength of experience, expertise and deep understanding of educational systems, curriculum, content and pedagogy to enlighten diverse stakeholders and influence sustainable impact of improved teaching-learning processes.



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**HOMO SAPIENS IS A
SOCIAL BEING, AND OUR
WELL-BEING DEPENDS TO
A LARGE EXTENT ON THE
QUALITY AND DEPTH OF
OUR SOCIAL AND FAMILY
RELATIONS - AND IN THE
LAST 200 YEARS, THEY
HAVE BEEN
DISINTEGRATING.**

– Yuval Noah Harari,
Author and Historian



We all have been hearing a lot about aspects of mental well-being and the importance of addressing the social and emotional needs of individuals as we grapple with the Covid-19 pandemic. With 290 million students out-of-school currently across the globe, and with new standards created in the way we lead our lives, there is a lot of unlearning and relearning that needs to be done. Understanding the spread of the virus and its potential in increasing your and/or your family's feelings of stress and anxiety, EQFI has designed a simple self-assessment framework to help not just the students and their families, but anyone and everyone to remain mentally healthy and happy amid this crisis. Being highly introspective and reflective in nature, the self-assessment framework is a step towards not forgetting the true purpose of education and of life in general.

THE SELF-ASSESSMENT DOMAINS

EQFI's self-assessment domains are extension of the acronym COVID, with each letter catering to an important component of mental well-being.

- C** stands for **Caring for Self and Others**
- O** stands for **Optimism and Being Positive**
- V** stands for **Values and Beliefs**
- I** stands for **Intelligence and Innovation**
- D** stands for **Decision Making Responsibly**

In the self-assessment framework, each domain has five reflective questions to be self-rated against a 3-point scale: Never/Rarely, Sometimes, Almost Always.

At the end this document also provides some simple tips to remain healthy, both mentally and physically. Feel free to use and share this free self-assessment framework and help everyone cope up during these stressful times.

Stay safe, stay healthy, and happy learning!



THE FRAMEWORK

EQFI's assessment framework is merely an expansion of the acronym COVID!

Each domain has a set of five statements with a clickable three-point rating scale, where the participants can select any one of the options in the scale that they deem fit in their scenario. On the right side of each domain, there is a link which when clicked will take you to the related minimum expectation level. The minimum expectation level section highlights some positive actions and behavioural attributes that one ought to undertake in order to contribute towards safe and healthy living. From each of the minimum expectation level sections, participants can again come back to the Framework form page by clicking on 'Take me back to self-assessment form' given at the end of the respective pages.

Do not forget to save your form once you have filled the responses.

STATEMENT	NEVER / RARELY	SOME-TIMES	ALMOST ALWAYS
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CARING FOR SELF AND OTHERS			
I take care of my health and urge my family members to maintain hygiene and cleanliness.			
I take special care of children less than 5 years old and elders above 60 years old.			
I exercise and do body movements and urge my family members to remain fit.			
I take care of anyone who is sick in my locality / neighbourhood or ask someone to help the needy and sick.			
I take care of pets and others who are in need of food or ask someone to help them.			

MINIMUM EXPECTATION LEVEL

OPTIMISM AND BEING POSITIVE			
I feel scared and think that I will lose my near and dear ones like members of my family and friends.			
I remain tensed and stressed at all times and make others panic as well.			
I meditate and think of hope and positive things and consciously keep negative thoughts at a distance.			
I remain sad during most of the time and feel powerless in the hands of crisis situation.			
I am confident that things will improve but also aware that we all need to be careful and responsible.			

MINIMUM EXPECTATION LEVEL

SAVE SELF-ASSESSMENT FORM

STATEMENT	NEVER / RARELY	SOME-TIMES	ALMOST ALWAYS
-----------	----------------	------------	---------------

VALUES AND BELIEFS			
I believe that this situation is being created by man to benefit certain population / country.			
I empathise and acknowledge the hard work done by essential workers including healthcare team.			
I judge people very easily and deem them irresponsible and humiliate them if they break rules.			
I acknowledge the hard work every member of the family puts in to ensure life doesn't come to a standstill.			
I get amused when my teacher / colleague makes a mistake during online sessions.			

MINIMUM EXPECTATION LEVEL

INTELLIGENCE AND INNOVATION			
I look for novel ideas to help one and all, especially the ones who are vulnerable during difficult times.			
I rationally analyse options and then act on matters that might impact others.			
I try and see a crisis situation as a starting point for something productive for humankind.			
I try to sustain myself and urge my family to do the same with limited resources using innovative measures.			
I am adaptable and learn from past mistakes and treat every failure as an experience.			

MINIMUM EXPECTATION LEVEL

DECISION MAKING RESPONSIBLY			
I think about my immediate needs while taking a decision like stocking more than what is required.			
I think that media and other sources have a general tendency to blow something out of proportion.			
I take decisions which are for the benefit not only for myself and my immediate family, but also everyone else.			
I am scared to implement something innovative and look for support from others to validate my analysis.			
I don't think of my decisions once I have executed them; whether they are productive or otherwise.			

MINIMUM EXPECTATION LEVEL

SAVE SELF-ASSESSMENT FORM

MINIMUM EXPECTATION LEVEL

Care for self and others

This domain caters to measuring the ability to demonstrate pro-activeness and readiness to make one's own physical, mental, and social-emotional health a priority while at the same time supporting immediate family and friends, extending a helping hand to neighbours or needy persons and animals in society at large. Demonstration of the following behavioural attributes and actions denote successful efforts in the direction of healthy and safe living:

- Awareness of the ways COVID-19 virus is transmitted through unhygienic practices and mandatory wearing of face mask
- Ensuring that each family member undertakes correct sanitary measures like washing hands before and after using the washroom, before and after eating food, after touching any tangible object especially brought from outside the house
- Maintaining physical distance and encouraging family members to do the same
- Taking extra care of toddlers and senior citizens in the house, especially those who cannot maintain hygiene standards independently due to physical/mental limitations
- Keeping up-to-date with maintaining a fitness regime for the entire family and committing to preparing healthy meals that can help in maintaining physical health
- Being socially aware about the consequences of the pandemic on people from different strata of society
- Willingness to or is already undertaking philanthropic measures in own capacity to help people directly or indirectly by providing money, food, clothes or shelter



[Take me back to self-assessment form](#)

MINIMUM EXPECTATION LEVEL

Optimism and being positive



This domain caters to demonstration of positive outlook and fostering optimism within self, family and friends in a crisis-ridden scenario where social distancing and isolation is a universal directive that needs to be followed at all costs to fight the COVID-19 pandemic. Demonstration of the following attributes and mind-set denotes efforts to ensure successful handling of physical and emotional crisis during the covid times:

- Awareness of the physical, social, emotional and economic losses already incurred or will occur in the future but remain mindful and hopeful in the face of possible physical loss, loss of income, communal grief, uncertainty, and gripping fear of the current crisis
- Being responsible and vigilant in today's pandemic environment and ensure this as a priority for self and every member in the family
- Ensuring practicing positive behaviour like acknowledging gratefulness of one's own life and being content with what one has
- Starting the day with a positive routine like meditation or simple stretching exercises
- Staying in touch with distant family and friends through digital platforms
- Refraining from reading or being indulged in negative conversations
- Keeping faith in the ability of self and others to overcome the pandemic by being collectively and socially responsible, empathetic and kind, thus leading everyone towards one's resilient selves.



Take me back to self-assessment form

MINIMUM EXPECTATION LEVEL

Values and beliefs

This domain caters to understanding what is important in one's life aligning it with one's own value and belief system and by acknowledging behaviours and actions at immediate familial level and at the macro level i.e. the community, society and the state (government policies). Following actions and attributes denote efforts in the direction of encouraging and supporting decisions that benefit the society as a whole during the covid crisis:

- Being critical about information heard/read regarding the virus and refraining from making misinformed judgements about the origin, spread, containment of the virus, etc.
- Demonstrating respect and support by acknowledging that health workers are at the fore front of the COVID-19 outbreak and are undertaking long working hours amid psychological distress, fatigue, and occupational burnout
- Differentiating between responsible and irresponsible citizens of the country; showing sensitization towards understanding the challenges and circumstances of people from varied strata of society and understanding the reasons behind them flouting lockdown rules
- Examining the family's strength during the crisis and working towards strengthening it further to ensure carrying out a normal day-to-day routine for each family member
- Acknowledging the efforts of the school leaders/teachers/ colleagues and providing them support in keeping pace with sudden adoption of digital learning/interaction modes and implementation of online learning/remote working



[Take me back to self-assessment form](#)

MINIMUM EXPECTATION LEVEL

Intelligence and innovation

This domain caters to the ability of looking at the covid crisis in the positive light and making the most of this time by doing something productive. Ensuring the following behaviours and actions could prove fruitful and beneficial not just for an individual but society at large:

- Seeking different ways of providing help to people especially those who are disadvantaged and vulnerable by directly or indirectly engaging with them and understanding their needs and requirements at the time of crisis
- Being careful about one's own actions and think about the situation from all angles to derive a positive outcome or a solution to a problem that can help someone in need
- Looking at the covid crisis as a starting point for doing something good for the society and humankind at large like making accessible certain tangible requirements (money/food) to support staff/or general public in need, providing support to peers suffering from psychological distress/anxiety/depression, sharing one's knowledge and skills with people who are facing difficulties in personal or professional front
- Being able to differentiate between wants and needs and making the best use of available resources and encouraging the family to use the available resources in the most efficient manner without making any wastage
- Reflective about one's own actions/behaviours undertaken in the past and learning from them to emerge as a better and a more informed individual and citizen of the country like refraining wastage of food at home, spending money wisely, staying connected with family and friends more often, contributing back to society through monetary or voluntary measures



Take me back to self-assessment form

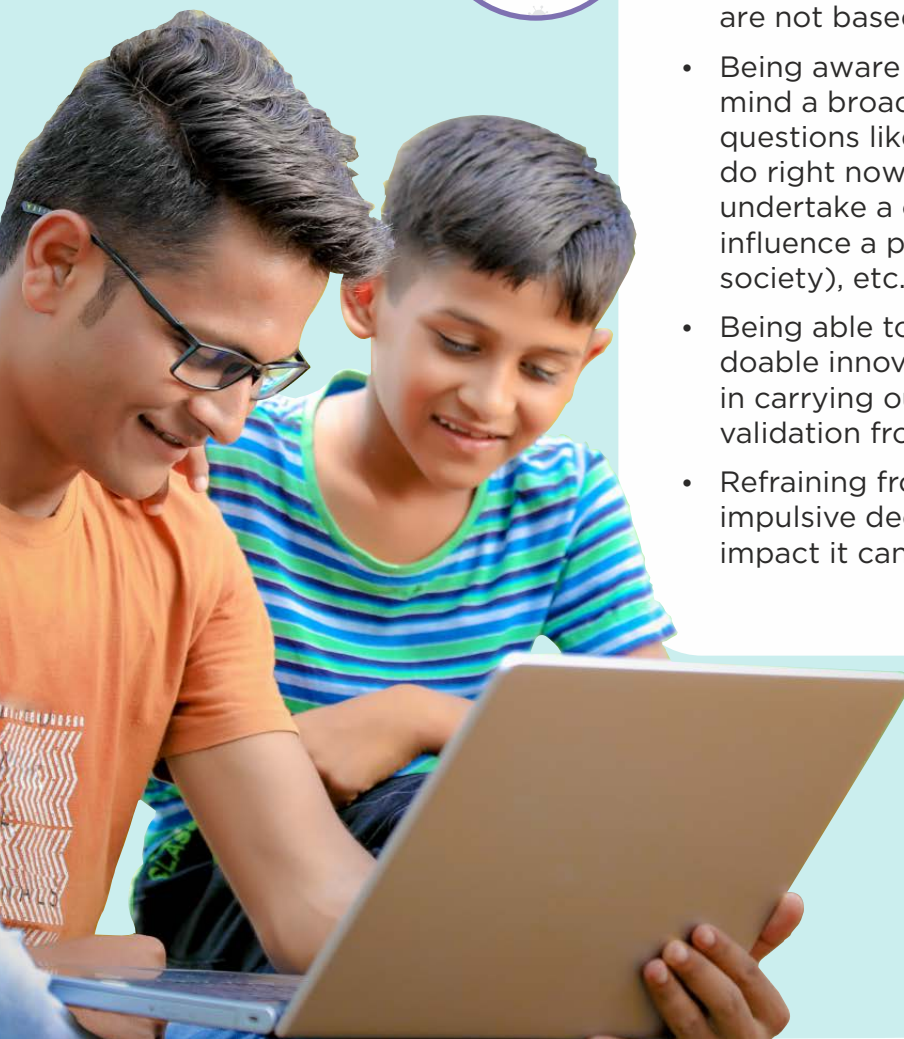
MINIMUM EXPECTATION LEVEL



Decision making responsibly

This domain caters to being mindful and rational about one's own choices with respect owning responsibility of one's own actions and behaviours and ensuring there are no dire consequences for self, family or society. Decision making responsibly entails the following mentioned informed choices and decisions that are favourable to one and all:

- Awareness of immediate needs of self and family and refraining from stocking up during uncertain times with an understanding that it can lead to shortages in stores with a lot of people losing access to basic essential items
- Critically analysing the news from different sources of media (newspaper/social media/television/radio) and refraining from developing any form of conclusion based on arguments that are not based on facts and logic
- Being aware of one's own decisions keeping in mind a broad perspective, thinking about questions like what is the most important thing to do right now, what are the possible challenges to undertake a certain task, how our decisions could influence a particular section (family/community/society), etc.
- Being able to independently seek pragmatic and doable innovative solutions and show confidence in carrying out that action without seeking validation from anyone
- Refraining from being irrational and taking impulsive decisions without thinking about the impact it can have on people



Take me back to self-assessment form

10 TIPS TO ENSURE MENTAL AND PHYSICAL WELL BEING

1

Take good care of yourself and your family members by maintaining proper hygiene and cleanliness. Make sure you exercise regularly and ask your family members to do the same.

2

Take care of the vulnerable and the needy including street animals whenever possible. Check that the family next to you or the daily wage earner you know is safe and coping well with the crisis.

3

Be calm and stay positive; remember that every cloud has a silver lining. Do meditation, avoid negative thoughts, negative talks and over reaction of all sorts.

4

Take necessary precautions and follow all government directives. Do not indulge in gossip, fear-mongering and avoid spreading of fake news.

5

Acknowledge and appreciate the hard work put in by several healthcare workers and people managing essential services including food vendors, media personnel and law enforcers.

6

Don't get angry or frustrated by actions of others; remember everyone is trying their best in testing times and sometimes there will be mistakes from which everyone should learn.

7

Think of ways to help the vulnerable and under privileged; remember all sections of society irrespective of caste, creed, religion, race, economic condition is a citizen of this country.

8

Use your intelligence to analyse a situation and consider the benefit of the wider society in all actions. Think rationally and act responsibly at every step.

9

Think of others while taking a decision which might impact the wider society. Do not stock essentials more than what is necessary or participate in crowded gatherings.

10

Be compassionate and responsible with your decision making. Share best practices widely and get inspired by stories of goodwill, positivity and human relationships.

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