

Principal wellbeing: Sources of stress and support

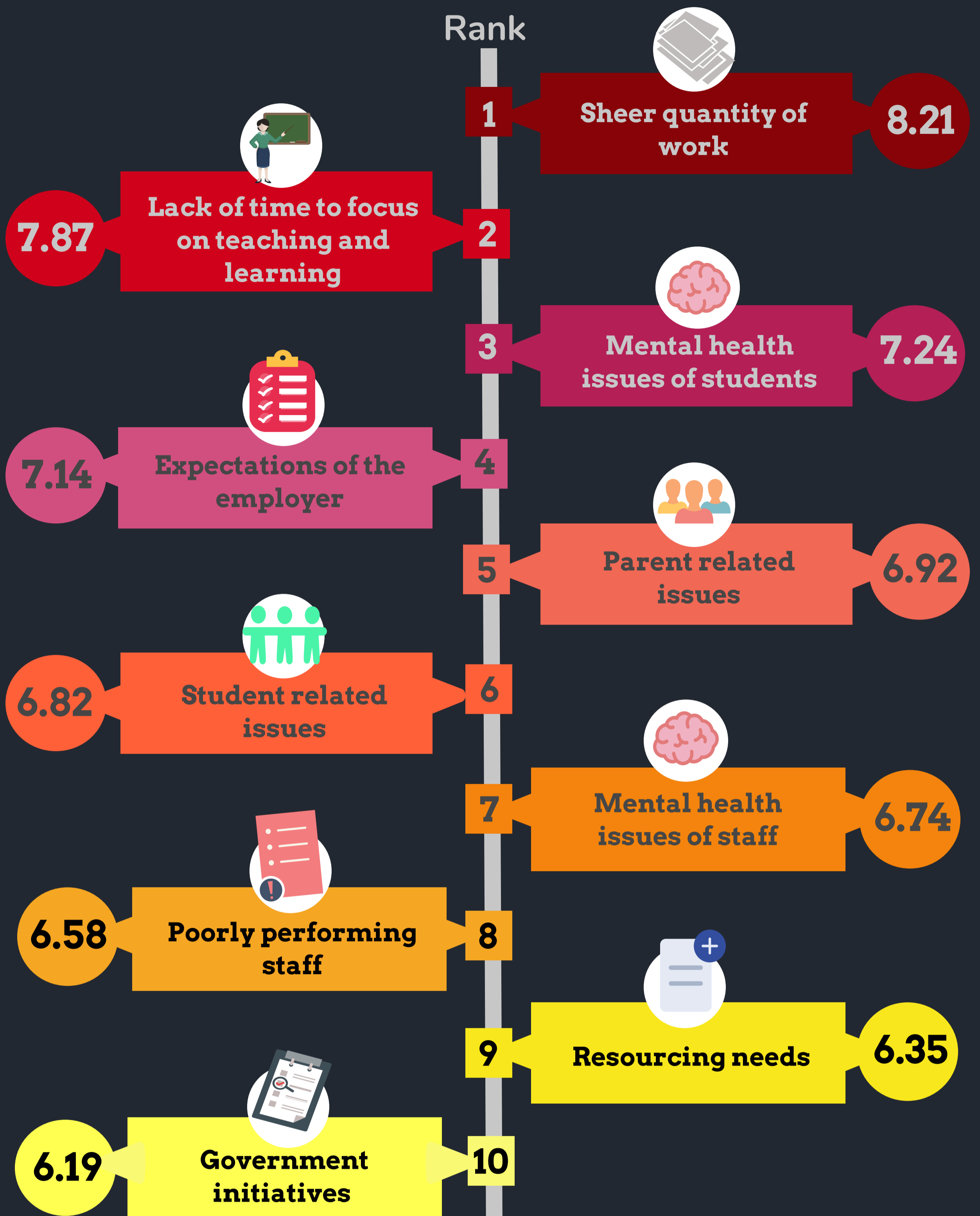
The ninth annual Principal Health and Wellbeing Survey reveals 19 sources of stress for Australia's school leaders*. Here, we look at the top 10 sources of stress, as reported by school leaders, and their top five sources of support.

*81.1% of school leader positions include principals, deputy/assistant principals, head of school or head of campus. The remainder of respondents are retired, on leave, or have changed careers.

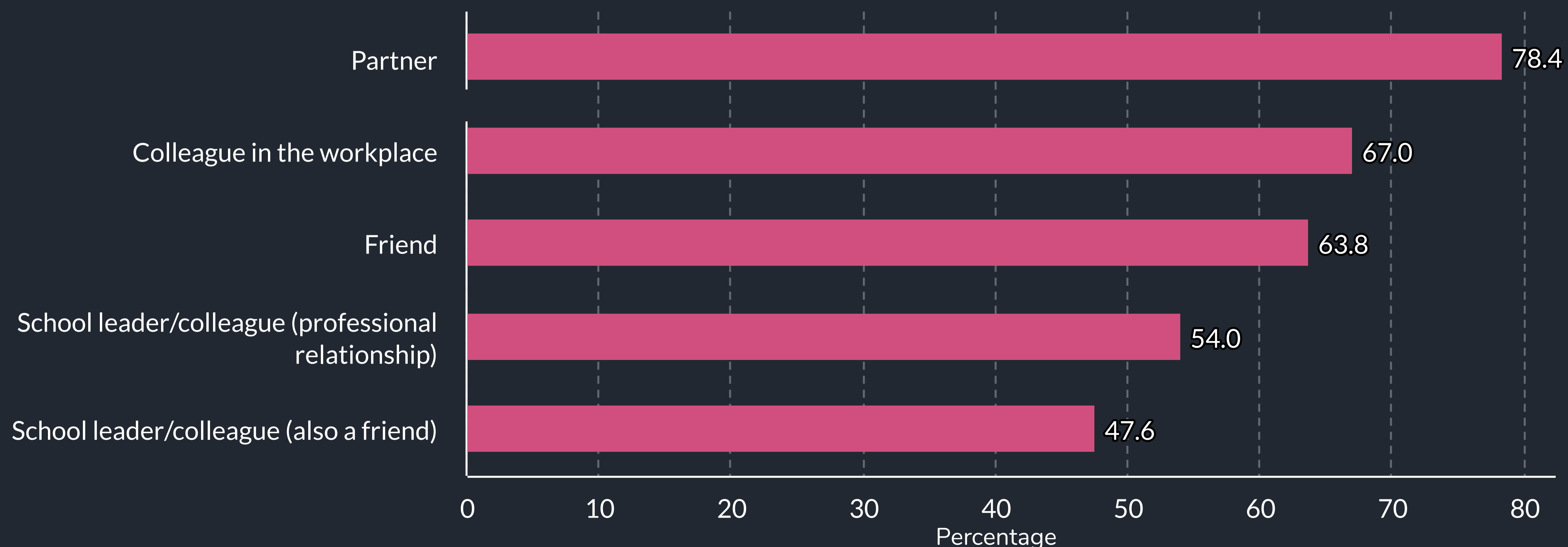
Top 10 sources of stress

School leaders were asked to rate different sources of stress on a scale of 1-10

● Mean score



Top 5 sources of support



Riley, P., See, S-M., Marsh, H. & Dickie, T. (2020) *The Australian Principal Occupational Health, Safety and Wellbeing Survey (IPPE Report)*. Institute for Positive Psychology and Education, Australian Catholic University. Accessed May 2020.