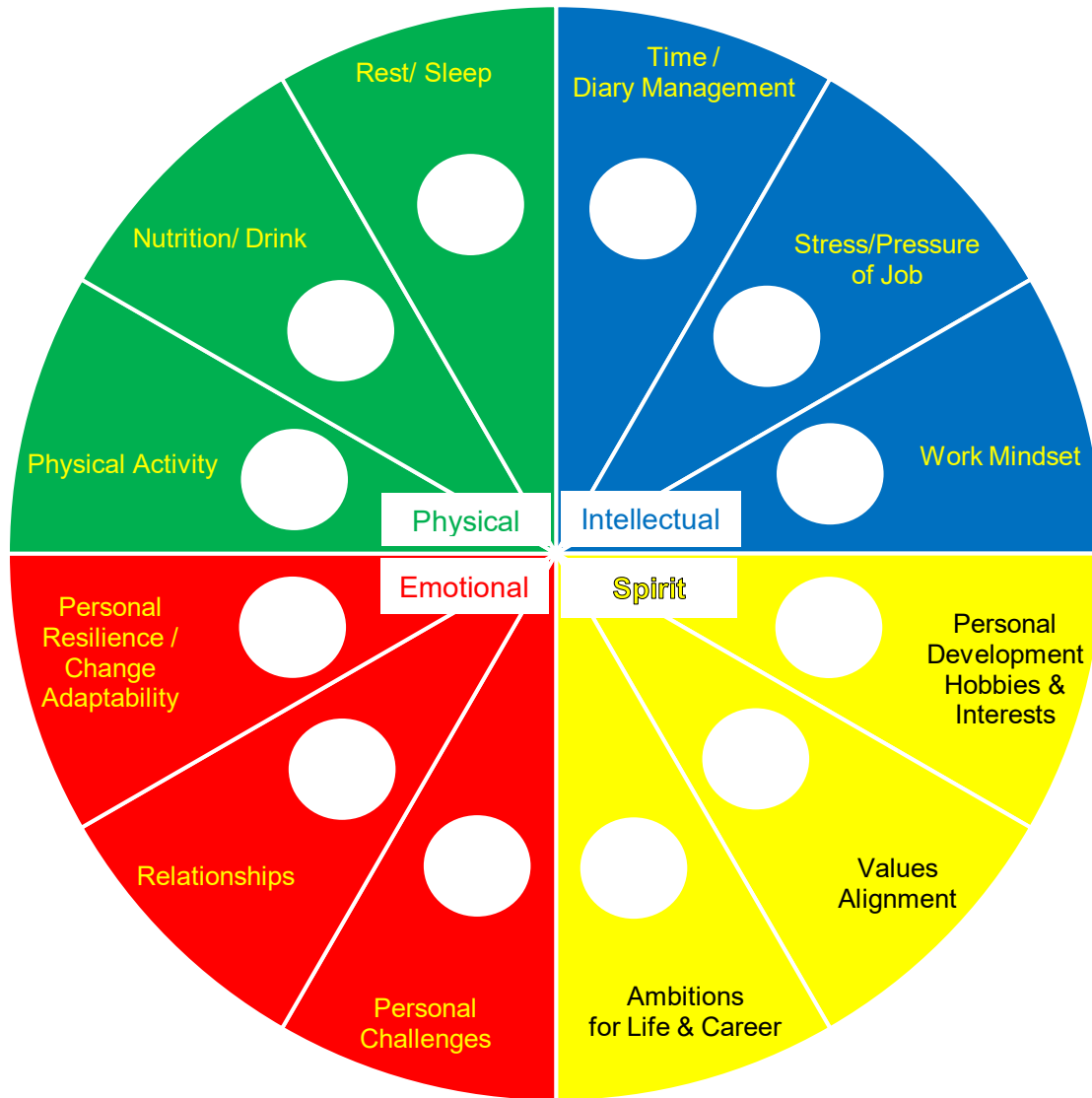


The Wheel of Wellbeing



Consider each of the 12 wellbeing 'influencers' and score your current satisfaction levels 1-10
 1. I'm very dissatisfied to 10. I'm very satisfied
 More questions for each 'influencer' overleaf.

Influencer	Action (maximum of 3)

Energy 'Influencer' Descriptors

PHYSICAL	INTELLECTUAL
<u>Physical Activity</u> <ul style="list-style-type: none"> • Are you able to exercise regularly? • Do you do regular light physical activity such as using the stairs, walking short distances, etc? • Does your exercise involve more intensive periods that raise your heart rate? • Does your role at work involve large periods of sitting down? 	<u>Time / Diary Management</u> <ul style="list-style-type: none"> • Are you constantly 'firefighting' and 'busy' at work? • Do you have a lack of control of your own diary? Does this impact your mood? • Do you spend too much time in 'dutiful' with meetings, emails and report writing? • Do you feel 'empowered' enough to do your job?
<u>Nutrition / Drink</u> <ul style="list-style-type: none"> • Do you eat healthily most of the time? • Do you regularly eat junk food, e.g. high in fat, salt or sugar? • Do you drink enough water, e.g. 6-8 glasses per day? • Do you feel that you drink too much caffeine? • Is your alcohol consumption excessive? • Would you consider yourself overweight? 	<u>Stress / Pressure of Job</u> <ul style="list-style-type: none"> • Do you feel de-energised/burnt-out at work? • Do you look forward to coming to work? • Is the amount/type of work making you feel overly anxious or stressed? • Is your physical and/or mental wellbeing negatively impacted at work?
<u>Rest / Sleep</u> <ul style="list-style-type: none"> • Are you able to have short periods of 'rest' at work? • Are you able to relax at home? Do you get to 'switch off'? • Do you get enough sleep, e.g. advised 7 hours? • Do you think the quality of your sleep good enough? 	<u>Work Mindset</u> <ul style="list-style-type: none"> • Are you more of a 'glass half full' or 'glass half empty' person? • Do you 'overthink' issues? Can you be fixed on the negatives rather than the positives of new opportunities, etc? • Would your colleagues consider you a 'mood Hoover'? • Are you able to recognise and manage your feelings and emotions effectively? • Do you generally feel 'happy' most of the time?
EMOTIONAL	SPIRIT
<u>Personal Resilience / Change Adaptability</u> <ul style="list-style-type: none"> • Are you able to 'bounce-back' easily from setbacks? • Do you worry about what others think about you? • Do you generally react well or badly to change? • Do you cope well when given constructive feedback? • Are you a 'perfectionist' and does this have an impact on your wellbeing? • Do you tend to dwell on the past and worry about the future? 	<u>Personal Development / Hobbies & Interests</u> <ul style="list-style-type: none"> • Do you get to spend time on hobbies/interests? • Are you able to spend time 'switching off' and relaxing? • Do you have a network of friends and spend time socially with them? • Would you like to spend more time developing yourself either at work or personally? • Do you feel challenged enough? Are you bored or apathetic?
<u>Relationships</u> <ul style="list-style-type: none"> • Do you have a good relationship with your line manager? • Do you have a varied support network at work? • Are there any relationships that negatively impact your mood? • Do you have a circle of friends out of work that you can trust? 	<u>Values Alignment</u> <ul style="list-style-type: none"> • How clear are you about your core values – are they at your fingertips? • Do you feel a good fit with your work and life right now? • Do your personal values align to your employer's values? • Do you know what you need to focus on to improve that alignment?
<u>Personal Challenges</u> <ul style="list-style-type: none"> • Do you have any financial concerns? • Do you have any challenges around family, relationships, children, etc? • Do you have any concerns around health or illness? • Are any significant past events noticeably affecting you currently? 	<u>Career Ambitions & Goals</u> <ul style="list-style-type: none"> • Do you have a set of ambitions, aims and goals regarding your personal / home life and career? • Do you feel you are on track to achieve these? • Do you feel engaged and/or motivated in your current role? • Do you currently feel 'stuck in a rut'?