



Part 1: Wellbeing

The theme of wellbeing is constantly on the agenda in the workplace. Sounds great, but what does it mean? Do you need it? And if you do - how do you get it?



What is wellbeing?

- It is the state of being or doing well in life.
- Your sense of wellbeing constantly changes as it is a state of mind which depends not only on your thoughts, feelings and actions, but also on what happens to you, the events, experiences and circumstances of your life, including the genes and personality we were born with.

- A real sense of **wellbeing** will help you to feel that you are flourishing and that life is going well for you

Circle the number below on this measurement bar to show where would you place your wellbeing today

Very low
Wellbeing

1 2 3 4 5 6 7 8 9 10

Very high
Wellbeing

The wheel below provides suggested areas relating to your health you can review. Wellbeing is about how you look after yourself, mentally, physically and emotionally and is achieved from an accumulative effect across the whole range of these positive interventions. (More downloads available on: <https://isma.org.uk/isma-free-downloads>)



Review your wellbeing score from the measurement bar and decide if any of the areas on the wheel could be changed to improve your wellbeing. Small changes **do** make a difference!

INTERVENTION NEEDED?	✓	✗	ACTION I WILL TAKE & TARGET DATE
Exercise			
Healthy diet			
Healthy weight			
Not smoking			
Sleeping well			
Too much caffeine/alcohol			
Non-competitive activities			
'You Time' / relaxation			

You do have choices in how you manage your health, which is important, because your health today and later on in life is dependent on how you care for yourself now! You cannot change others, but you can change yourself