

Section 2a – Your wellbeing

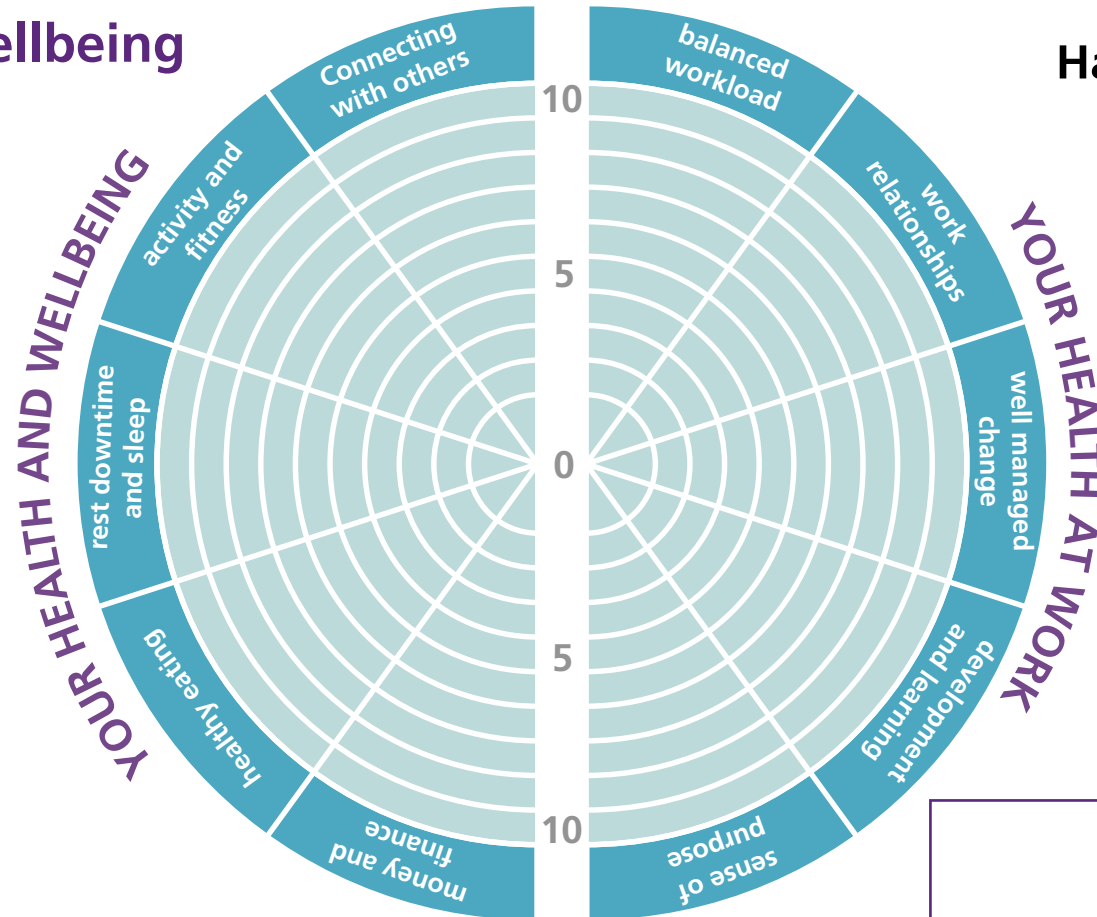
Wheel of wellbeing

When life becomes too busy or unbalanced it can leave you feeling overwhelmed, unwell or stressed.

Our wheel of wellbeing helps you see the important aspects of your life that may need your attention in order to feel happier, healthier and productive.

How to complete your wheel

- This exercise is optional, you do not have to complete all the wheel segments.
- With the centre of the wheel as low 0 and the outer edge as 10 high, rate your level of satisfaction with each area by drawing a curved line or clicking the box.
- Don't spend too long - your gut instinct is usually right.
- Be honest with yourself.
- It can help you to repeat this exercise after a few weeks to see how things have changed.



What next?

- What areas require attention and what can you do to feel better?
- What is going well and what can you learn from that to help with areas that are not going well?
- What resources are available to you?
- Who can support me with this?

Discussion notes:

1. I have been given an annual skin assessment form.

(For staff whose job exposes them to latex or frequent hand washing; 20 times or more daily) **If Yes**, Return to your manager.

2. I have been offered an Annual Night worker Health questionnaire.

(Night work is defined as 23.00 – 05.00 hours, equivalent of 1 week in 4) **If Yes**, Please return to health4work@hhft.nhs.uk or by post to: Health4Work, GardenViews Offices, Royal Hampshire County Hospital, Romsey Road, Winchester SO22 5DG.