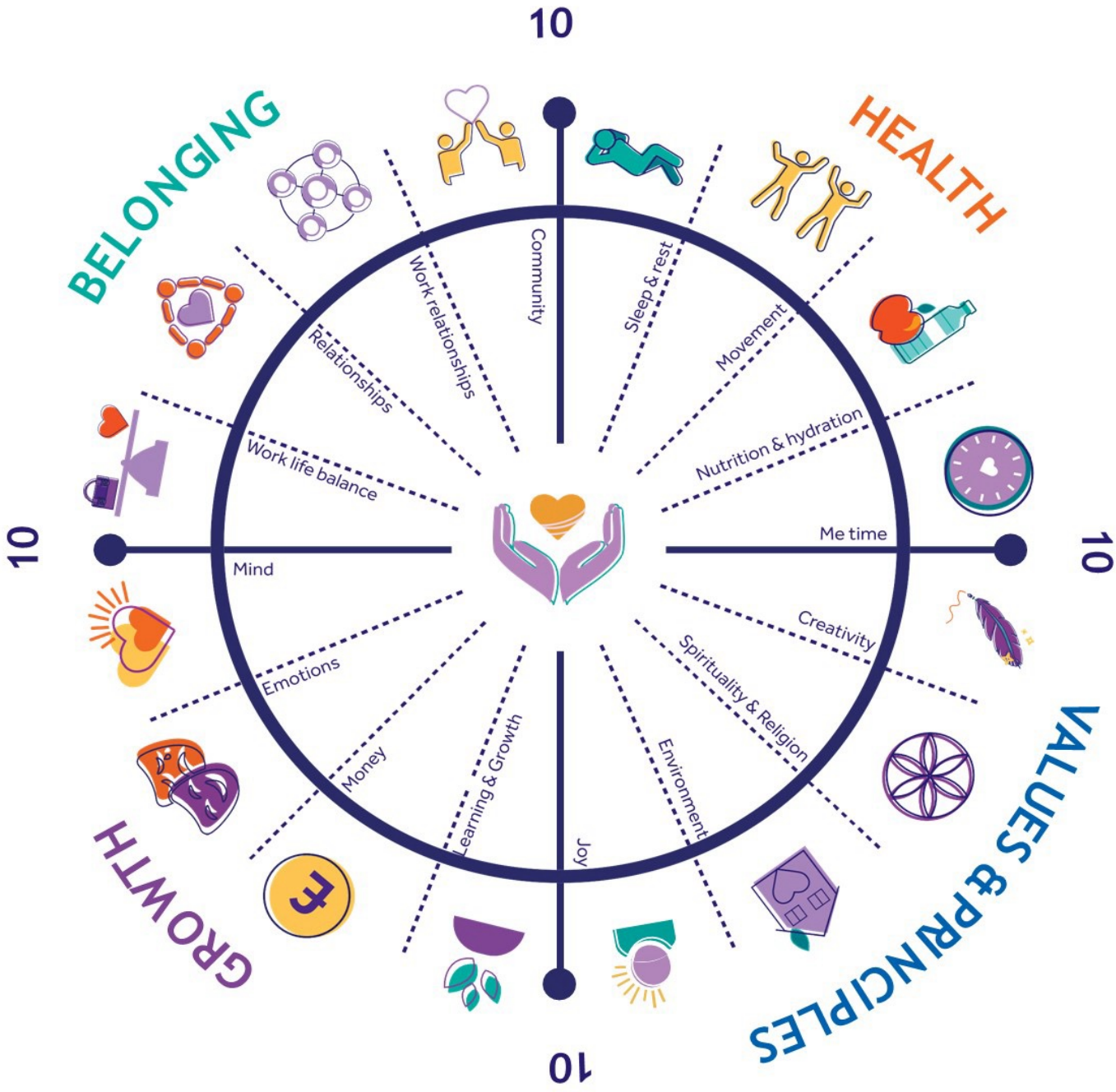
Being Well Wheel

At Anchor we have a range of benefits and resources which help you to prioritise and improve your wellbeing.

Visit: www.anchorbeingwell.co.uk



Being Well Wheel

The Being Well Wheel has been designed to track your overall health and wellbeing and identify the areas where you need more support in a really simple way.

It will help you easily identify which aspects of your wellbeing are currently going well, and where you might choose to make some changes to improve your overall wellbeing.

Your wellbeing journey is unique to you...

It's not what someone else is doing and measuring yourself against impossible standards.

It's about meeting yourself where you are and proactively taking steps to improve your wellbeing and creating a safe place in which you can grow to be your best.

It's about choosing an area of your wellbeing you want to focus on and creating some daily habits that you can build into your lifestyle.

Working out who can help you to achieve your goals and what resources you might find helpful to get you started.

There might be some elements that you need to speak to your line manager to progress and support you to achieve your wellbeing objectives, such as:

- your work life balance
- flexibility in your working day
- personal development
- work relationships
- team culture

Your line manager will also be able to signpost you to the Anchor benefits available to support you with other elements that you may feel you need to improve like your finances or health.

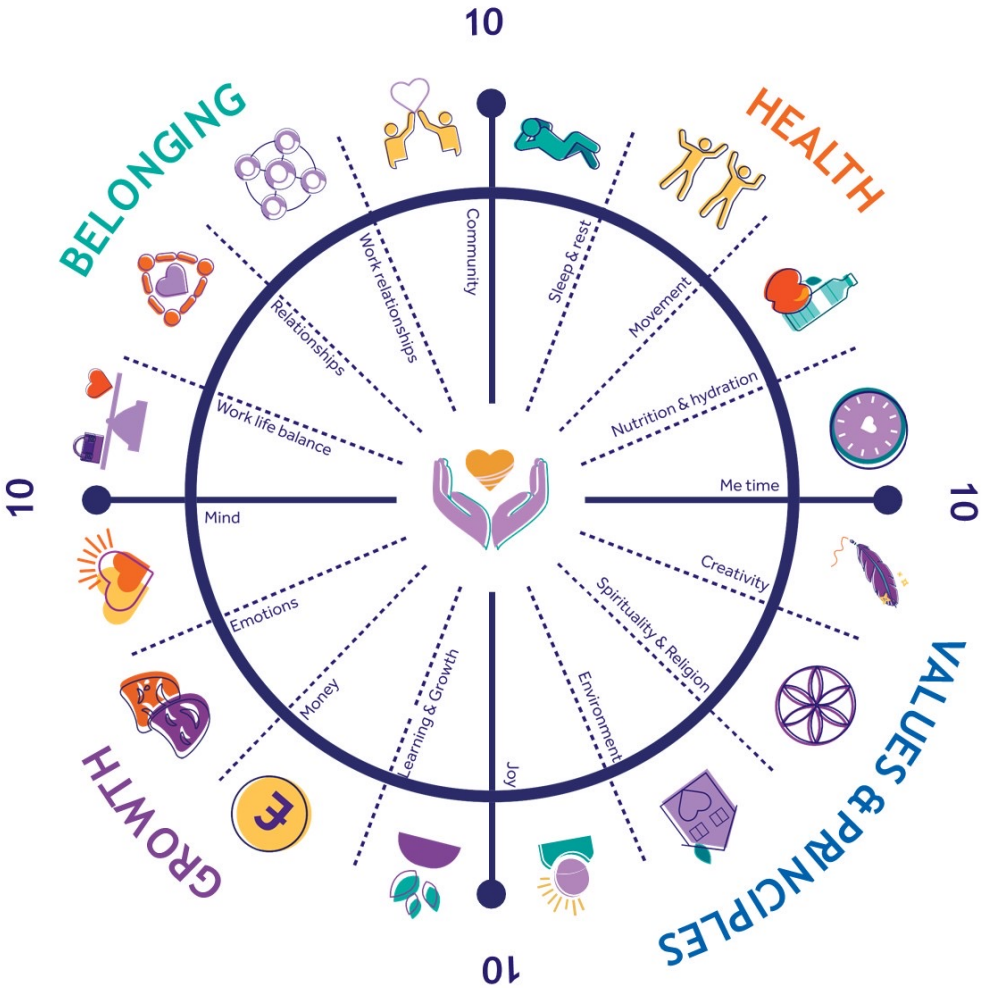
How to use the Being Well Wheel

Take a moment to think about your health in each of the areas on the wheel. Where are you right now?

Make a mark between the centre and the outside of the wheel. If you have high awareness and activity in an area, mark closer to the outer edge, and where you have no activity/desire in this area mark closer to the centre.

Write notes on the next few pages to record why you rated the scores as you did. You can refer to these when you come to review the wheel in the future.

How does your wheel look?
Is it quite even?
Or are there some elements which need some attention?



Being Well Wheel:

Belonging

Remember, it's about taking action, not just taking notes.

Work life balance

- Are you usually able to manage your workload within your contracted hours most of the time?
- Are you clear on your work priorities?
- Are you able to manage both your work and personal commitments?
- Do you have the flexibility you need to support your lifestyle?
- Are you able to take time off, for holidays, to enjoy hobbies or to spend with the people that are important t you?
- Can you take breaks during your normal working day for lunch?

SCORE

Make a note of your score above

Notes:

Relationships

- Who are the people who matter most to you?
- Are there other important relationships in your life?
- Are you able to share your feelings and experiences?
- Do your close relationships support you, or do they drain you?

SCORE

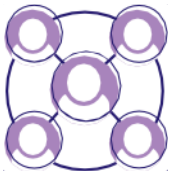
Make a note of your score above

Notes:

BeingWellWheel:

Belonging

Remember, it's about taking action, not just taking notes.



Work Relationships

- What is the culture like in your team?
- Do you get the support you need from your line manager?
- How are the relationships with your colleagues?
- Is collaboration encouraged?
- Are you getting what you need from your team and your line manager?

SCORE

Make a note of your score above

Notes:

Community

- What is the social atmosphere like at work or in your neighbourhood?
- Do you have friends locally or neighbours that you get along with?
- Are you getting what you need from your community?

SCORE

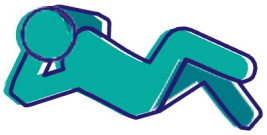
Make a note of your score above

Notes:

Being Well Wheel:

Health

Remember, it's about taking action, not just taking notes.



Sleep & Rest

- Are you getting enough sleep?
- Do you have a bedtime routine?
- Do you have an hour before bed without any devices?
- Is your sleep disturbed?
- Do you feel refreshed when you wake?
- Do you have time to just 'be' and not 'do'?

SCORE

Make a note of your score above

Notes:

Movement

- How are you physically?
- Are you in pain?
- Do you take regular exercise?
  Do you walk or cycle to work?
- Are you able to incorporate movement into your daily life, or is this something you can only do at weekends?
- If you sit at a desk for long periods, are you able to take micro breaks to stretch?

SCORE

Make a note of your score above

Notes:

Being Well Wheel:

Health

Remember, it's about taking action, not just taking notes.

Nutrition & Hydration

- How are your energy levels?
- How is your digestion?
- Are you eating a balanced diet?
- Do you normally eat breakfast?
- Do you regularly skip meals?
- Do you eat a lot of convenience/highly processed food?
- Do you meal plan or batch cook?
- How much caffeine or alcohol do you consume?
- Are you drinking two litres of water per day?

SCORE

Make a note of your score above

Notes:

Me Time

- Do you have time just for you, to do things on your own that focuses on just you?
- Maybe reading a book, a relaxing bath, gardening, walking, journalling for example.

SCORE

Make a note of your score above

Notes:

BeingWellWheel:

Values & Principles

Remember, it's about taking action, not just taking notes.

Creativity

- Do you take time out to be creative? This could be baking, painting, knitting, dancing, playing music, taking photographs or writing.
- Do you do these activities as part of a group or individual projects? Research suggests that creative activities which are face to face have a greater impact on wellbeing.

SCORE

Make a note of your score above

Notes:

Spirituality & Religion

- Do you feel you are living in alignment with your life's purpose?
- Do you feel a sense of inner peace and self-fulfillment?
- How connected are you to culture, community, spirituality and/or your chosen religion?

SCORE

Make a note of your score above

Notes:

Being Well Wheel:

Values & Principles

Remember, it's about taking action, not just taking notes.

Environment

- Do you feel safe?
- How do the places you live and work in affect you?
- Is there fresh air and natural light?
- What are the noise levels like?
- Can you get out into nature or be outdoors easily?
- What do you need around you to feel comfortable?

SCORE

Make a note of your score above

Notes:

Joy

- How in touch do you feel with the things that give meaning and joy in your life?
- What are your sources of joy and strength
- How connected do you feel?
- Are you able to get in touch with a sense of peace or stillness?
- Do you practice gratitude?

SCORE

Make a note of your score above

Notes:

Being Well Wheel:

Growth

Remember, it's about taking action, not just taking notes.

Learning & Growth

- Do you have a good understanding of your physical and mental state and how it impacts your work?
- Do you have opportunities to learn and apply new skills in life and work?
- Are you studying for a qualification?
- Are you actively working towards your next career move?
- Do you have a coach or mentor?

SCORE

Make a note of your score above

Notes:

Money

- Do you feel secure and in control of your finances?
- Do you make the most of your money day to day?
- Can you deal with an unexpected bill or expense?
- Are you on track for a healthy financial future?
- How is your financial situation affecting your health?
- Is your mental health affecting the way you deal with money?

SCORE

Make a note of your score above

Notes:

BeingWellWheel:

Growth

Remember, it's about taking action, not just taking notes.

Emotions

- How easy is it for you to know what you're feeling?
- Can you express how you feel?
- Are there some feelings you won't allow yourself or are unable to shift?
- Are you depressed?

SCORE

Make a note of your score above

Notes:

Mind

- How well are you able to manage your stress and how much does it affect you?
- How helpful is your pattern of thinking and how much does it get in your way?
- What are your levels of anxiety like?

SCORE

Make a note of your score above

Notes:

BeingWellWheel:

NOTES:

Remember, it's about taking action, not just taking notes.

BeingWellWheel:

NOTES:

Remember, it's about taking action, not just taking notes.

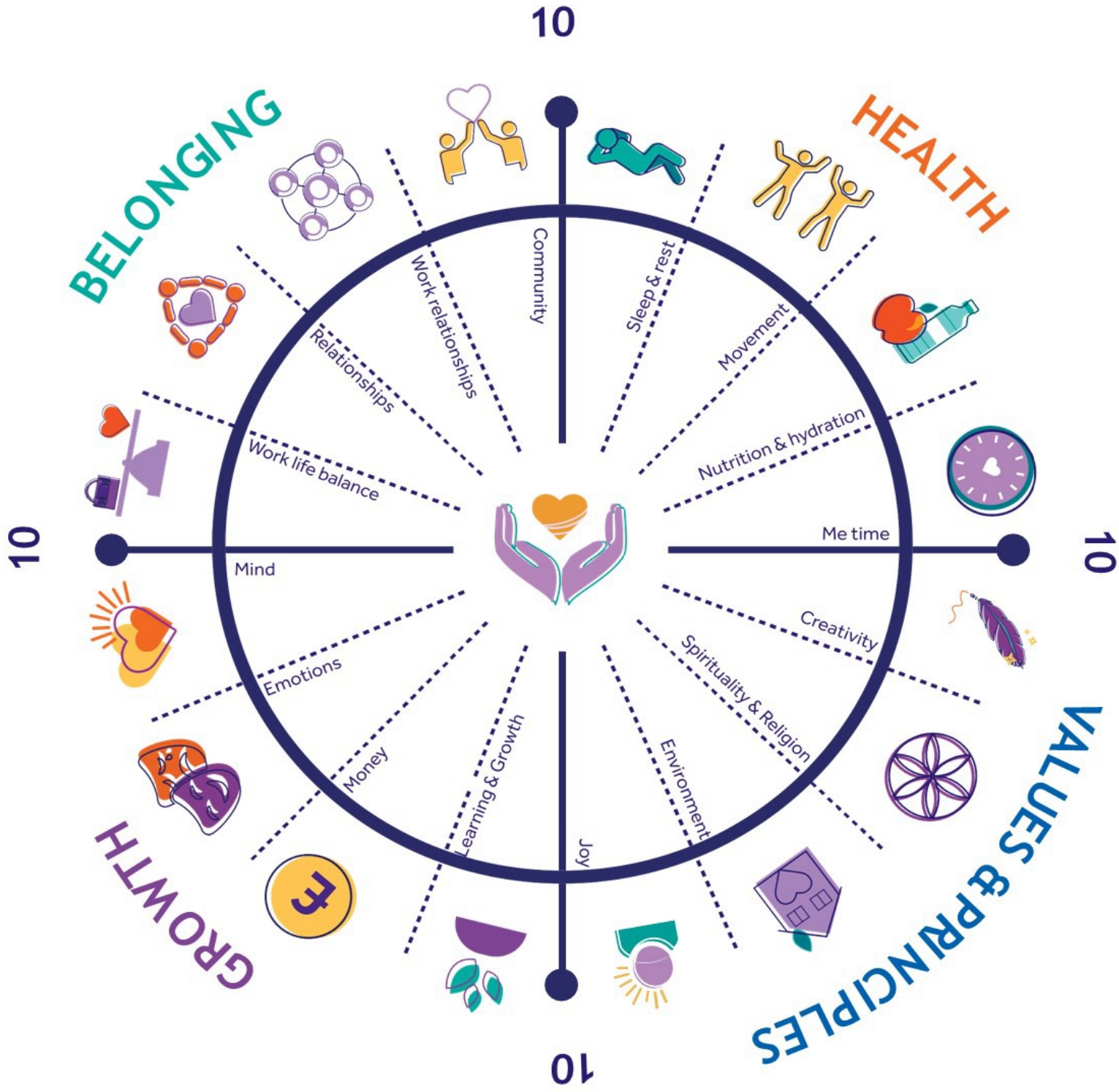
BeingWellWheel:

NOTES:

Remember, it's about taking action, not just taking notes.

BeingWellWheel:

NOTES:

Remember, it's about taking action, not just taking notes.

Being Well Wheel