



**INFORMING
FUTURES**

1625 Independent People

WELLBEING AT WORK AUDIT

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This resource is part of the Informing Futures toolkit. It was co-created with young people, and reflects what they felt practitioners most needed to understand in order to work successfully with care and custody experienced young people.

For more information or queries on any of the topics covered in this toolkit, or to find out about training and consultancy we can offer please contact enquiries@1625ip.co.uk.

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Wellbeing at Work Audit

This simple scoring tool is designed to help you think about your wellbeing at work.

Complete the table below.

Score (0-7)	In the last 7 days, how many days have you:	Comments/Changes
	Woken up feeling well rested	
	Eaten well and had adequate breaks in your workday	
	Spent time outdoors during the work day	
	Made a contribution to the wellbeing of others in the course of your work	
	Had interesting opportunities for learning, exploring or creating at work	
	Connected with people who are important to you in the course of your work day	
	Taken time to notice and appreciate something positive at work	

Reflect on your answers – are you happy with the number of days you are recording positive outcomes?

What could be done to improve this if not?

If you wish, you can use the comments section to note what you would like to change, and score yourself again in future to see if this has been effective.

Wellbeing Reflection Activity

Place your hand on the paper and draw around it.

Within the outline of your hand, list or draw the things that you like to do which make you feel well.

Reflect on your drawing/writing. Use the questions below if they are helpful.

What is the balance like between wellbeing things you do for yourself and those you rely on others for?

Which relationships are most important to your wellbeing?

How could you make space for more of the things that build wellbeing in your life?