



# Well-being Workshop

15<sup>th</sup> October 2023

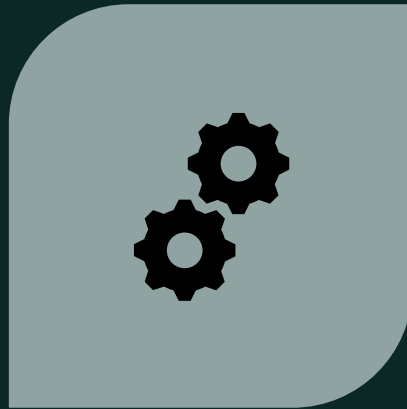
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# Well-Being Workshop



HOW DO WE LOOK  
AFTER OUR WELL-BEING?



WHEEL OF LIFE EXERCISE



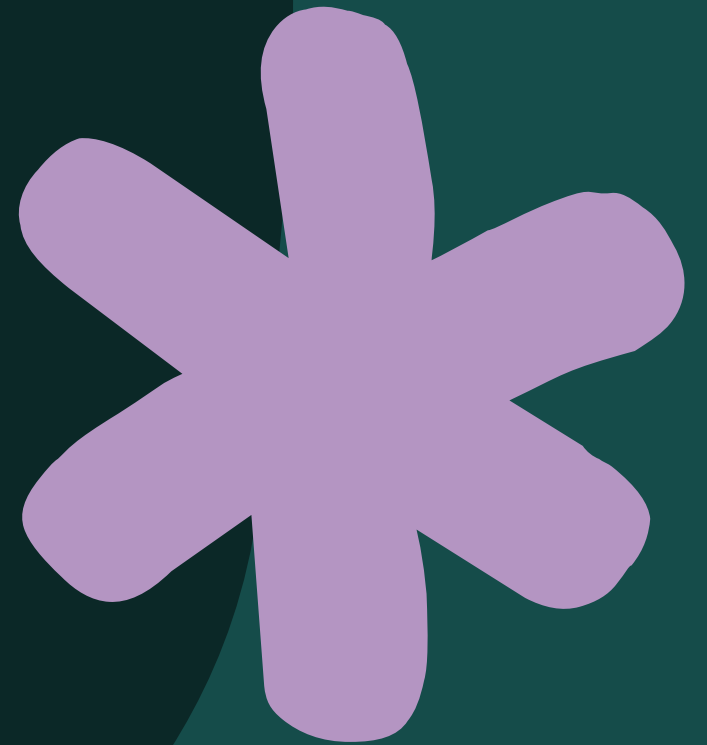
SETTING VALUES-BASED  
GOALS

What is  
well-being?

Discussion

# World Health Organisation (WHO, 2021)

*“Positive state experienced by individuals and societies. Similar to health, it is a resource for daily life and is determined by social, economic and environmental conditions. **Well-being encompasses quality of life and the ability of people and societies to contribute to the world with a sense of meaning and purpose**”*

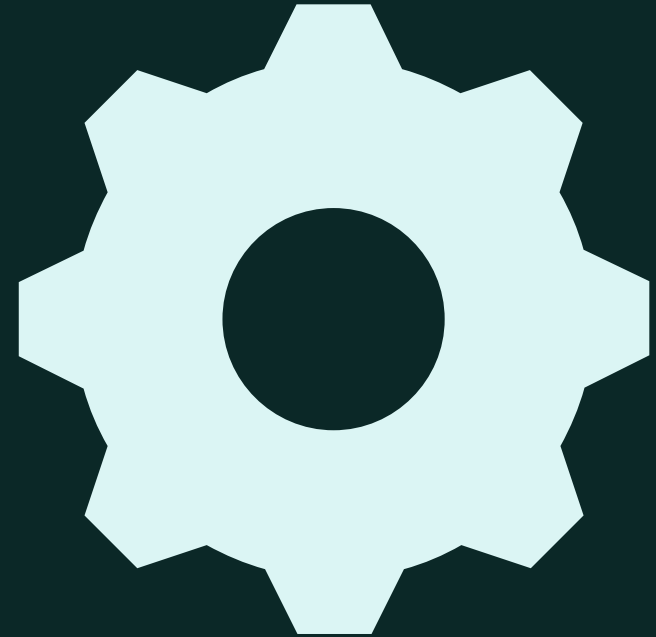


What can  
interfere with  
our well-  
being?

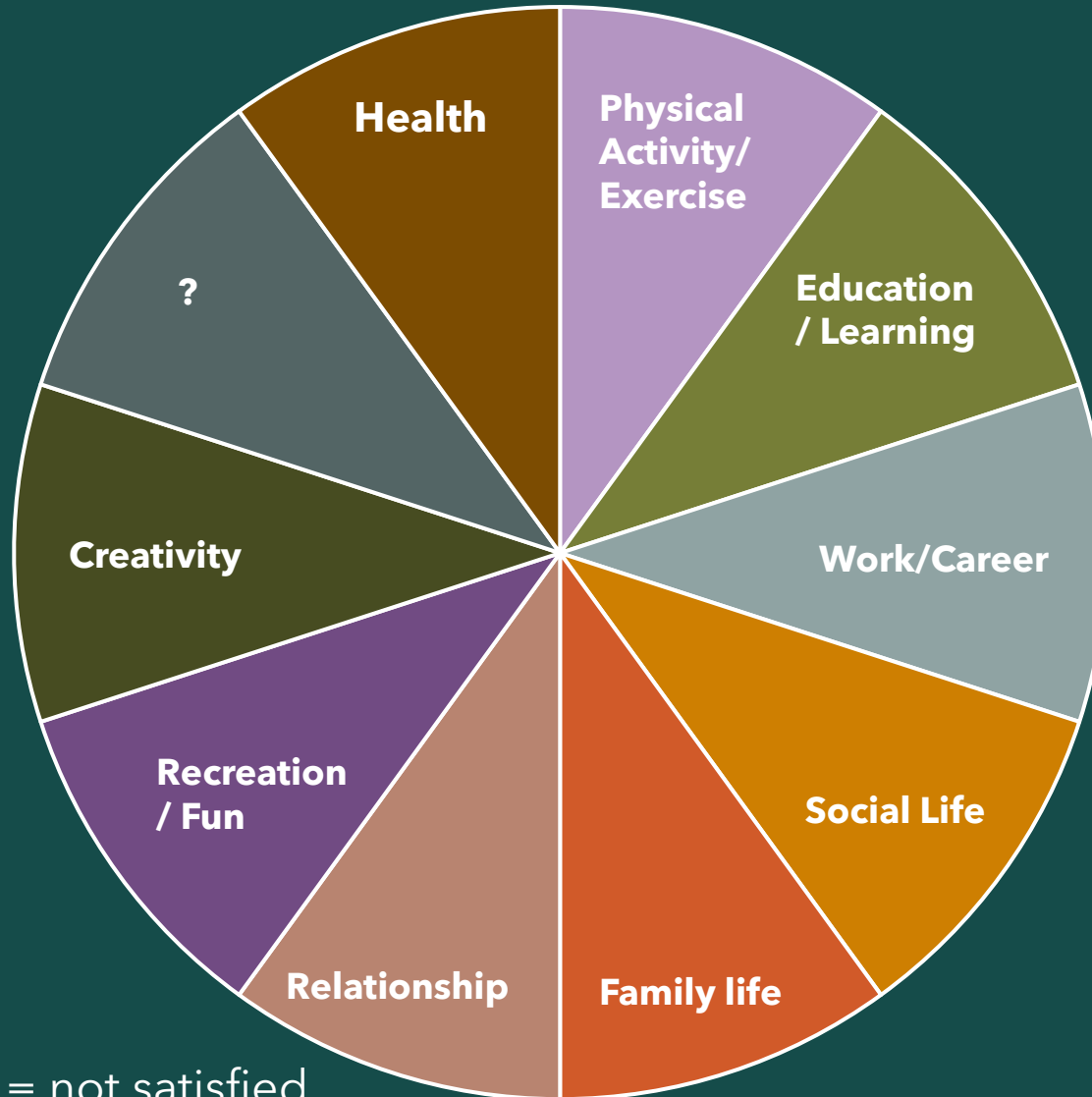
Discussion

# Wheel of Life Exercise

- Having a balance in life, particularly relating to the things that we value, is important for our well-being.
- The Wheel of Life exercise can help you identify where things are off-balance and restore them.



# Wheel of Life



The wheel includes some key areas of life that are important for well-being.

These areas can vary for each person, and you can add your own.

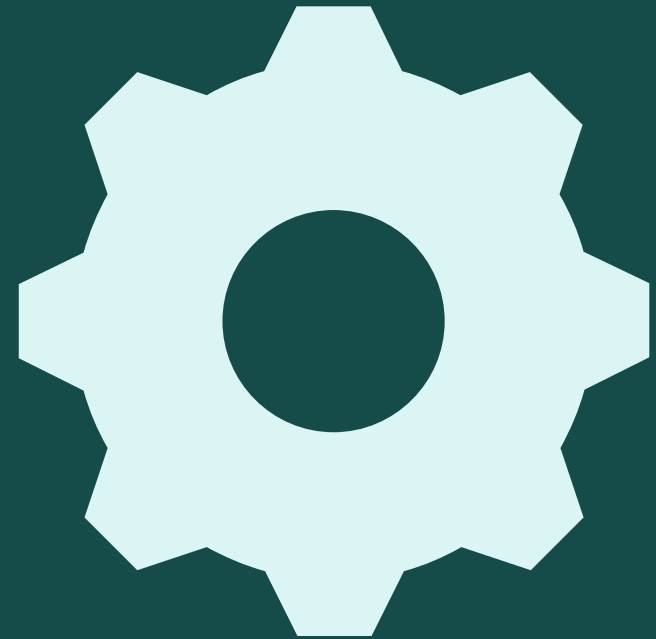
Write down how **satisfied** you are with each area of your life on a scale of 1-10

If an area isn't relevant to you, it doesn't mean you need to give it a low rating.

1 = not satisfied  
10 = very satisfied

# Wheel of Life Exercise

- Pick **two** areas that you would like to work on – these don't have to be areas that scored lowest.
- Pick areas that are **important** to you.
- Next, we are going to set goals around these areas of the Wheel of Life.
- Goals work best when they are related to what we **value**, rather than what we think we *should* be doing.
- Take small steps relating to the here and now, rather than focussing too far into the future.





# Setting Values-Based Goals

- Make sure your goals are **SMART**:
  - **S**pecific – break your goal into small chunks related to the here and now. Slowly build up to achieving the overall goal.
  - **M**easurable – how will you know when you’ve achieved this goal?
  - **A**chievable – if your confidence in achieving it isn’t at least 7/10, adapt the goal.
  - **R**elevant – make sure your goal fits in with your values what you want to achieve.
  - **T**imed – setting a deadline for achieving the goal will help you stay on track.



Thank you for listening!

# Helpful Resources

- Values-focussed goals: <https://www.youtube.com/watch?v=eiPxLpYlw4I>