



Wheel of Well-being Website

If you're interested in health and happiness from a personal or a professional perspective, we hope you'll find the website a good place for ideas and inspiration, and you'll visit often.

Why well-being matters

More and more research is showing us how certain actions, activities and practices can improve our moods, reduce the risk of depression, strengthen relationships, keep us healthy and even add seven years to our lives. We think people need to know more about this, so we have designed a website to spread the word.

Who is behind it

Both the Wheel of Well-being and this website are the result of a design collaboration between the Mental Health Promotion Team at South London and Maudsley NHS Foundation Trust and Uscreates, a strategic consultancy delivering social value. The website was supported by Maudsley Charity.

www.wheelofwellbeing.org
hello@wheelofwellbeing.org

The website offers 3 main functions

WoW Yourself

Designed from a 'do-it-yourself' perspective, this section is full of practical information about well-being-tips to test, activities to try, and places to visit. You can even create your own well-being account to monitor your personal progress.

WoW Activities

A collection of the most effective well-being activities that anyone can do. 168 hours, ice-breakers, finding flow, and the bank of compliments are only a few examples of activities this section offers.

WoW Tips

A database with hundreds of practical tips contributed by people who shared what works best for them when it comes to improving their well-being. Website visitors can also choose to contribute their own tips.

WoW Places

A map recommending the best local places to improve your well-being. You can add your own well-being places to the map or discover where others go.

WoW Personal Account

Save WoW Activities, Tips and Places in your personal wish-list, and as you action them, you can plot your personal progress visually on your own WoW Tracker.

WoW Your Community

If you work in the public, private or voluntary sector, this section gives you inspirational ideas about how you can promote well-being in your organisation, workplace or local community.

WoW Brand

You can use the WoW brand for free! Access branding guidelines and materials to create a consistent look and communications to promote well-being in your local community.

WoW Event Toolkit

Guidelines, a toolkit, resources and training to help you design a company or community event that promotes well-being.

Do-it-yourself Training

Receive training to adopt a do-it-yourself well-being approach within your organisation or community.

Truth Dare Share Game

A youth game and training to improve the well-being of students in transition from primary to secondary school. The game can be played during PSHE classes or extracurricular activities – designed and tested with students across the country.

DIY Happiness Game

A game and training to involve people of all ages in conversations about well-being. The game has been played with thousand of people in schools, offices, hospitals, community cafes, and parks.

Happier at Work

A programme that assesses well-being in the workplace, and focuses on improvements at individual, team, and organisational level.

WoW Strategy

If you're involved in policy development, public health or local government, we can help you explore how you might develop a strategy focused on improving the well-being of those you care about.

SLaM Bespoke Support

South London and Maudsley NHS Foundation Trust (SLaM) is working closely with organisations to support them in developing and tailoring their well-being strategies. If your organisation is interested in WoW Strategy support, get in touch with tony.coggins@slam.nhs.uk

uscreates
the strategic consultancy
delivering social value

South London and Maudsley **NHS**
NHS Foundation Trust