

Looking after your own emotional health and wellbeing

The Wellbeing Wheel

About the wellbeing wheel

The wellbeing wheel is a simple tool for improving emotional health and wellbeing. Developed originally by the [New Economics Foundation](#) and then by the [NHS 5 steps to wellbeing](#) it's a simple, manageable approach to improving wellbeing in realistic, achievable steps.

Making a start

Start by considering how good you are at prioritising your mental wellbeing. Think about the 5 steps to wellbeing and note down things you already do for each area. Then rate yourself on a scale of 1 to 5 for each section: 1 = *I could do more*. 5 = *I'm already doing lots*.



Planning for change

Next, note down things you could add to your daily routine to support your emotional health, even more.

Remember – they can be very small things! The most important thing is to make a start.

Be kind to yourself! Set realistic goals and congratulate yourself each time you achieve them.

Review your wellbeing wheel from time to time.

Find out more [ways to support your mental wellbeing here](#).