



www.wheelofwellbeing.org

The WoW website is a creative starting point for improving well-being that includes a unique collection of crowd-sourced tips, free tools, downloadable resources and a strategic consultancy service.

Why a well-being website?

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.

Where WoW comes from?

The Wheel of Well-being framework is the result of a 6-year design collaboration. The Mental Health Promotion Team at South London and Maudsley NHS Foundation Trust and Uscreates, a strategic consultancy delivering social value, initially came together through Well London and continue to work in partnership today with the support of the Maudsley Charity.

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

WoW Tips

A collection of hundreds of practical ideas for improving well-being provided by people all over the world. Visitors can filter for specific themes and also post their own tips.

WoW Places

A map showing locations recommended by site users as places that improve their well-being. Visitors can explore their local area, filter for specific themes and recommend a place of their own.

WoW Personal Account

A personal wish-list where WOW activities, Tips and Places can be saved for future action. A WOW Tracker provides a visual account of personal progress.

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

A communications toolkit that includes free access to artwork and logos as well as a comprehensive branding guide designed to support the development of personalised resources.

WoW Event Toolkit

A collection of practical resources – from bunting to on-line planning tools – all designed to WOW any event. Regular training workshops explain the use of the toolkits.

Do-it-yourself Training

A range of innovative 'off-the-shelf' and bespoke training offers have been designed to translate well-being rhetoric into WOW practice.

DIY Happiness Game

A board game that encourages players to share and collect well-being tips. It's been played in schools, offices, hospitals, gyms and parks - all over the world. Workshops are run regularly to train facilitators.

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 Strategic Support

The WOW Team has been working closely with county councils, policy-makers and public sector organisations to design and develop well-being strategies. If your organisation is interested in exploring a strategic approach to well-being, contact us at hello@wheellofwellbeing.org

uscreates
the strategic consultancy
delivering social value

South London and Maudsley 
NHS Foundation Trust