

Wheel of Wellbeing



Background to the Wheel of Wellbeing and DIY Happiness

Over the past fifteen years, there has been a growing field of research that combines aspects of psychology, health and economics that is exploring what makes us happy – and what kind of things that we can do to improve our well-being.

It has been partly fuelled by the rapid pace of social, environmental and technological change - and partly fuelled by a growing recognition that money isn't buying us as much happiness as we had thought it would.

The DIY Happiness course was designed in 2008 as part of the Big Lottery funded Well London programme by the Mental Health Promotion Team at South London and Maudsley NHS Foundation Trust. The aim was to create a space where people could explore some of these themes and together develop a better understanding of how to live happier lives and build a more sustainable future for us all.

As the 8-session DIY Happiness initiative evolved, the “wheel of well-being” (WoW) was designed as a framework to explore the component parts of happy lives from the perspectives of body, mind, spirit, people, place and planet. Each of the 8 sessions explores a theme from the wheel of well-being and combines practical and theoretical learning activities. Each session builds on the previous so participants get a deeper understanding and anchoring of key concepts. The sessions are all



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linked to free downloadable resources available at www.wheelofwellbeing.org

Over the last decade the WoW resources have continued to evolve and develop and are being used in many countries around the world.

Wheel of Wellbeing - 'In a nutshell'



The Wheel of Well-being (WoW) is a flexible and creative framework for health promotion that consists of a series of colour-coded icons that represent six universal aspects of well-being: *body, mind, spirit, people, place and planet*. The WOW approach is the centre-piece of a range of well-being initiatives including WoW workshops, DIY Happiness, and www.wheelofwellbeing.org. The website features a

range of free web-based tools and resources designed to encourage innovative new approaches to improving well-being at three distinct levels: individual, group/team and strategic/organisational level

Queensland WoW Capacity Building Program

Implemental has been working in partnership with the Queensland Mental Health Commission since 2014 to develop and implement a [population mental wellbeing program](#). The program has focused on building the capacity of non-mental health sectors and organisations to promote the mental wellbeing of their communities.

Capacity building program elements

The WoW capacity building program has a range of different components that can be used as standalone activities or as a suite of complementary activities.

One-day WoW workshops

The one-day WoW is a fun, experiential and accessible workshop that introduces the wheel of



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well-being and the science of happiness. Since 2016 over 40 WoW workshops have been delivered in Queensland schools, workplaces and communities as part of the capacity building program, with many more being delivered by graduates of the intensive WoW training program.

Intensive (DIY Happiness) WoW programs

Based on the original DIY Happiness program, the WoW intensive compresses the eight-weekly sessions into four days. Participants learn about the science of wellbeing through a combination of experiential activities and exploring the evidence. The 5th day of the course focuses on putting learning into practice, including how to facilitate one-day WoW workshops. Participants then deliver the workshop, as part of a small team, to a community of their choosing supported by the course facilitator. On successful completion of the training and a written learning log participants are verified as WoW practitioners. Once verified WoW practitioners are encouraged and supported to adapt and translate the WoW activities and resources for their communities. Since 2016 nine intensive programs have been delivered with over 200 participants completing the training. Training has been targeted at people who are in a strong position to use the WoW activities and resources in their communities and workplaces with the explicit intention of sharing knowledge and increasing mental wellbeing literacy.

On-line resources

Verified WoW practitioners have access to a Moodle site with electronic copies of the training materials, activities and branding. This ensures people can access to any updates and new WoW downloadable resources. This is in addition to the information and activities that are available to the general public on the [WoW website](#)

Advanced Practitioner (AP) training

The AP course is a train-the-trainer program that equips participants to deliver the full WoW intensive training. AP's have electronic access to all the WoW training materials, and facilitators notes. Once verified AP's are free to deliver the content as often as they like under the terms of



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the WoW creative commons licence. Two AP programs have been completed with 9 AP's verified and two AP's awaiting verification.

On-going networking and support

On-going networking and support is provided through face-to-face events and virtually via the moodle site, discussion forum, webinars and a regular WoW newsletter.

2020 WoW Capacity Building program

The current phase seeks to build partnerships with key sectors, for example education and housing, to explicitly embed the wheel of wellbeing into their service and practice. Partners in the program commit funding and/or in-kind resources to train a core number of their staff as WoW practitioners. They are then supported to develop and tailor WoW activities for their organisations and communities.

Currently Twenty staff from a large Housing NGO are half-way through a WoW intensive program and three more WoW intensives are planned in partnership with the Department of Education. In total this phase of the capacity program will train 60 WoW practitioners, who will deliver one day workshops to approximately 240 members of staff.



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